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Baseball. Playoffs

▶ The Texas Rangers' Nelson Cruz reacts after hitting a grand slam home run yesterday to win Game 2 of baseball's American League championship series 7-3 in Arlington, Texas.

CHARLIE RIEDEL/THE ASSOCIATED PRESS

Texas Rangers Cruz past Detroit Tigers

Nelson Cruz hit the first game-ending grand slam in post-season history, lifting the Texas Rangers over the Detroit Tigers 7-3 in 11 innings yesterday for a 2-0 lead in the AL championship series. **Story, page 52.**

York cops put lid on missing arms info

Police say if officers are losing items that's their private personal information

York Regional Police refuses to release the occurrence reports on lost or stolen weapons, claiming the details on how the equipment went missing are officers' private personal information.

The reports would likely show who lost the weapons, as well as where and how they went missing. But that's considered private information and can't be released without the permission of each officer who has missing equipment, said Janet Ryland, the force's freedom of information analyst.

Even with the officers' names removed, York Regional Police say the information in the reports is private.

This month, the Toronto Star revealed Peel officers have lost a small arsenal of weapons in recent years. Nearly 75 per cent of the weapons lost or stolen — a list that includes two sniper rifles, pepper-spray canisters, loaded ammunition magazines and dozens of police batons — are still missing.

"It's not personal information.... It may be a cause of embarrassment for the police force, but the courts have said over and over again, embarrassment isn't a reason for exemption ..."
MICHEL DRAPEAU, LAW PROFESSOR AT THE UNIVERSITY OF OTTAWA

While an officer's name may be considered private information, there is no reason the details of how or where the weapon went missing should be withheld from the public, said Michel Drapeau, a law professor at the University of Ottawa who specializes in access to information and privacy.

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4 VERSATILITY

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5 UTILITY

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Young women sharing their vision

On Saturday, Hanan Dhanani will represent Canada at the Girls 20 summit in Paris.

The women at the conference will try to find solutions to global problems before their mostly male counterparts meet in Cannes for the G20 summit two weeks later.

Dhanani, 20, is a Torontonian by way of Kuwait, and she studies economics at Queen's University. She believes she can change the world, and here's why.

What happens at the summit?

They teach us the idea of creating our own project. We have a session with the World Bank and then we have panels where people from Deloitte, Intel and the (International) Rice Research Institute come talk to us. There (are) debates and toward the end, the girls sit down together and put together a communiqué of what we want to see.

What would you like to see on that communiqué?

Literacy used to be basic writing, reading and addition, but now it's become a symbol and precursor to socioeconomic development and social awareness, and the Arab Spring is an example of that. And then there's that very popular theory in the developing world — if you educate a woman, you educate an entire family, generation and neighbourhood. If you teach a lady, she's at home with kids, she will teach them; that education snowballs down into other areas.

How did you become interested in this?

In Grade 12, I took an economics course at school and it absolutely changed my life, especially the development economics section. TORSTAR NEWS SERVICE

CONTRIBUTED

▶ Hanan Dhanani

Meal with all the trimmings

Crowd gathers at Good Shepherd Ministries for Thanksgiving lunch

One hundred and fifty turkeys, 57 litres of gravy, 225 kilograms of mashed potatoes, 180 kilos of vegetables, 225 kilos of stuffing, 250 pumpkin pies and 1,440 dinner rolls. That and 72 volunteers is what it took to serve more than 1,600 meals yesterday at the Good Shepherd Ministries in Toronto.

Executive chef and kitchen supervisor Narie Alli said she and her staff of seven started cooking and carving turkeys four weeks ago. The birds have been in a freezer since then and were steamed and unfrozen for yesterday's meal.

"This is normal," said Alli of the military-grade preparation of the meal. She and her team do it 365 days a year. At Thanksgiving, Easter and on Boxing Day, instead of cafeteria lines and trays, places are set by volunteers and guests are served their meals.

"They go through every effort to make sure everyone feels special and at home."
MARGARET LEE, VOLUNTEER

The room seats 157 and the places are turned over as guests — a mix of homeless, mentally ill, drug- or alcohol-addicted and down-on-their-luck individuals and families — come and go.

"It's a machine," said regular volunteer Billy Salmon, who was a patron of the shelter before he got clean. "They'll feed 1,500 people in two-and-a-half hours." TORSTAR NEWS SERVICE

RICK MADONIK/TORSTAR NEWS SERVICE

▶ Volunteer Billy Salmon holds up his hand to show where a seat is open for lunch. The Good Shepherd Ministries held its annual Thanksgiving Day lunch yesterday.

1 news

Not all economic crises are created equal, Allan Small says, and the current market decline is not the same as what happened in 2008. Scan the code for more.

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Tomorrow in Metro

Zombies are invading Metro! Pick up tomorrow's edition to learn everything you need to know about the brain-eating undead, and to prepare for when they come to your city.

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Lost in translation

Beth MacLeod plays matchmaker for the linguistically curious

The second floor of the Rivoli looks and sounds more like a traveller's hostel than a Queen Street bar on Tuesday nights, as more than 100 people pack the space to practice a second language with native speakers.

Created by Beth MacLeod, a University of Toronto linguistics PhD student, Toronto Babel is a weekly language exchange meet-up that launched in January 2010. She started the group after participating in a similar event in Madrid in 2009.

"Toronto being the city that it is, so diverse even just with the people that live here, and with over 50 English schools, people come from all over the world to learn English and I thought we could create a space for them to get together," said MacLeod.

TARA WALTON/TORSTAR NEWS SERVICE

▶ Beth MacLeod

Toronto Babel began as a dozen people sitting in a circle waiting for instruction on what to discuss, but MacLeod quickly told them to talk about anything with the person next to them. That format has stuck.

"Part of the reason it's successful is that people have that freedom," said MacLeod.

TORSTAR NEWS SERVICE

Deadly. Crash

▶ A police officer surveys the scene where a 25-year-old man died in a single-vehicle collision near Kennedy Road and Finch Avenue yesterday morning.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

Collision nearly splits car in half

Police say a single-vehicle accident yesterday morning near Kennedy Road and Finch Avenue may have been caused by street racing. The car was nearly split in half when it plowed into a hydro pole.

Sid Ryan tackles OFL's internal turmoil

Ontario Federation of Labour president Sid Ryan has taken the unprecedented step of forming a "unity team" to oust the group's other two top officers and end internal turmoil plaguing the province's biggest union organization.

Ryan's slate will try to dump federation secretary treasurer Marie Kelly and executive vice-president Terry Downey if they run again in a showdown at the OFL's annual convention in Toronto next month.

It marks the first time in the federation's 67-year history that the president is openly campaigning against its other two top officers in response to chronic internal disagreements and challenges to his authority.

The fiery Ryan, who won the president's job by acclamation in 2009, would not discuss details of the turmoil on Friday but his slate said in a recent letter that the infighting has affected the progress of the OFL, which represents about one million workers.

"For close to two years, the OFL has been held back by wasteful and counterproductive internal conflict that has undermined the work of the president and threatened the financial integrity of the federation," said the slate's letter to the federation's 40-member executive board.

THE CANADIAN PRESS

DAVID COOPER/TORSTAR NEWS SERVICE

▶Federation of Labour president Sid Ryan

Not working well

▶ **Divisive.** Ontario Federation of Labour insiders, who requested anonymity, said although Ryan has "re-energized" the federation, the board is not working well together and has become increasingly divisive.

MICHAEL STUPARYK/TORSTAR NEWS SERVICE

▶Dr. Robert Buckman

Renowned Princess Margaret Hospital doctor dead

Dr. Robert Buckman, an author, television personality and renowned oncologist at Princess Margaret Hospital, whose comedy on medicine and the human body earned the acclaim of Monty Python's John Cleese, died in his sleep yesterday while flying to Toronto from London, England. He was 63.

His death was confirmed by his wife, Dr. Patricia Shaw.

The cause is still unknown.

In his 39-year career as a cancer physician, Buckman authored 14 books, including an unauthorized autobiography called Not Dead Yet.

Much of his recent work surrounded doctor-patient communication.

In Not Dead Yet, published in 1999, he cheekily ruminated on his own mortality.

"At my funeral," he wrote, "they're going to play a recording of me saying, 'Thank you so much for coming. Unlike the rest of the rest of you, I don't have to get up in the morning."

In addition to his wife he is survived by his four children. **TORSTAR NEWS SERVICE**

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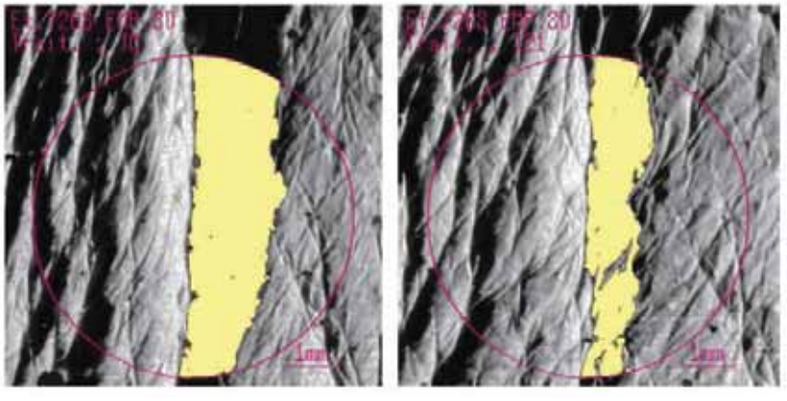

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VALERIE HAUCH/TORSTAR NEWS SERVICE

▶ Rene Videla wants to add a Costa Rican dog to his household, which already includes 18-year-old hound, Croaker.

Sick dogs need new homes

Three emaciated but gentle canines found by Canadians in Costa Rica

He lost his Great Dane to cancer about a year ago and now Rene Videla says he's ready to add a hungry hound from Costa Rica to his household, which already includes an 18-year-old dog.

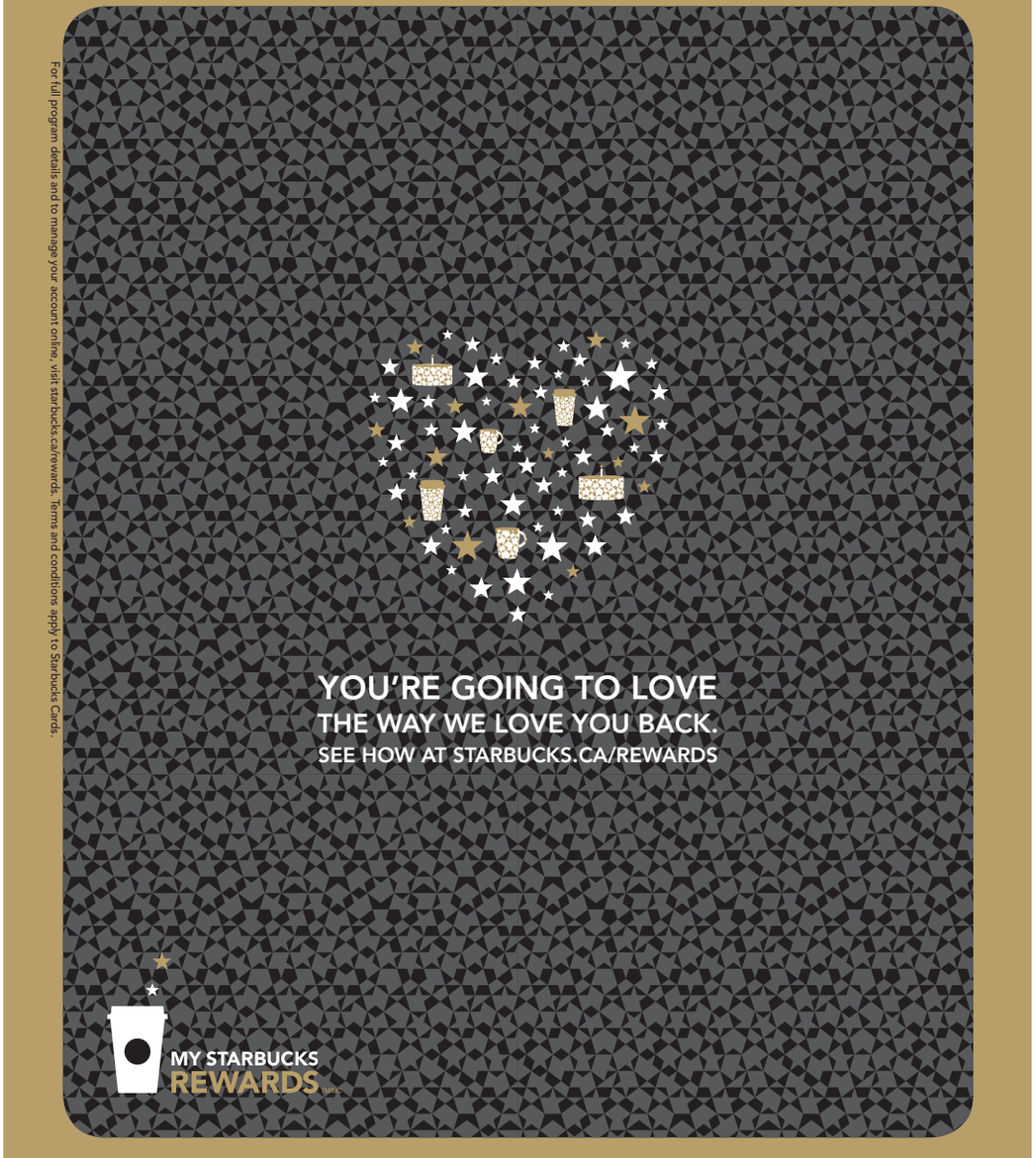
The new addition will be one of three malnourished hounds from Costa Rica that several Canadians decided to rescue.

In July, two Canadians living in Costa Rica got to know three hungry hounds constantly tethered on property belonging to a large landowner.

The Costa Rican owner has agreed to relinquish the dogs. Now it's a matter of trying to find them homes in Canada.

For information, send an email to charlotte.forpetssake@gmail.com.

TORSTAR NEWS SERVICE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Rebel nun's letters ready for release

The University of Toronto is set to release the translated letters of Arcangela Tarabotti, a 17-century Venetian-born Benedictine nun turned feminist icon.

Think of Tarabotti as the Mary Wollstonecraft of her time. She wrote six books, including Paternal Tyranny and Convent Life as Inferno, all criticizing the Italian patriarchy.

Capitalizing on the demand, Arcangela Tarabotti: Letters Familiar and Formal will be published for the first time in English by the Toronto Centre for Reformation and Renaissance Studies, and the publishing house Iter: Gateway to the Middle Ages.

About the author

▶ Arcangela Tarabotti became a writer after she was forced into a convent when she was 11 years old — a custom among the Italian republic's richer families — before dying of consumption in 1652 at the age of 48.

While some of her like-minded peers were executed, Tarabotti refused to be intimidated by her detractors, said Meredith Ray, associate professor of Italian at the University of Delaware, and co-editor of the book.

TORSTAR NEWS SERVICE

Subsidized housing wait 3 years

PATTY WINSA/TORSTAR NEWS SERVICE

▶ It will be three years before Diane Brown can get subsidized housing.

Dianne Brown has endured some of the worst catastrophes that life can dish out. Her son has had cancer; she nursed and then lost her husband to another type of cancer; and she watched the family business go belly up.

After these tribulations, she doesn't even have the comfort of a home. Durham Region has told Brown, 65, that she will probably wait at least three years for subsidized housing, leaving her to the goodwill of friends in the meantime.

"It's not just my problem," says the senior, who is staying with her husband's childhood friend and his wife in a small town north of Port Perry. "There are so many baby boomers. What are they going to do with us all?"

In Durham, seniors wait at least three years to get subsidized housing. For families living in poverty, it's five to seven years, in part because a provincial policy puts families fleeing domestic abuse at the top of the list for a scarce number of available units.

But new guidelines that come into effect next year will give municipalities across Ontario the flexibility to decide how money for affordable housing should be spent.

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Play puts audience up close to addiction

1977's The Jones Boy renewed Show about heroin addicts on now in basement of Toronto Free Gallery

LIA GRANGER
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In a dingy unfinished basement near Bloor and Lansdowne, a young man rocks back and forth on a soiled mattress, jonesing for his next hit of heroin. Attempts to distract himself by flipping through tattered comics or swallowing spoonfuls of Nesquik straight from the jar are fruitless: his agony is palpable. Seated mere feet away in two neat rows of fold-out chairs are 24 strangers, watching the painful scenario unfold.

So begins The Jones Boy, a gritty play about heroin addicts and prostitutes living in Vancouver's Downtown Eastside. Playwright Tom Walmsley based the 1977 work on many of his own experiences, and this current production, by Surface/Underground Theatre, takes place in the basement of the Toronto Free Gallery on Bloor Street West.

"I knew it would never smell like flowers, and that the ceilings are low, and that it's a very small room, but that's kind of the point," says director Peter Pasyk of the site-specific location. Indeed, the audience occupies the same litter-strewn space as the actors. We see them jones for a hit, shoot up, fight, turn tricks, and — in their quieter moments — confess their love and need for one another.

Though this play was written decades ago, in many ways, it's brand new.

"When Peter first said he wanted to direct it, I groaned," says Walmsley with a laugh.

He ultimately agreed to the project, on the condition that he would rework the script. The result is an updated and stronger version with more powerful female characters.

Changes aside, the subject matter is just as potent today as it was 34 years ago.

"The situation hasn't changed since the play was written," says Pasyk. "Junkies were considered inhuman then, and it's the same today."

Play dates

The Jones Boy runs until Oct. 15 at the Toronto Free Gallery; $20, with a portion of proceeds donated to CAMH.

CONTRIBUTED

▶ A scene from The Jones Boy with Shannon Taylor and Nick Abraham.

But a shift in thinking may be on the horizon. It was serendipitous that on the play's opening night, the Supreme Court of Canada ruled to allow Vancouver's InSite supervised injection site to stay open and continue to serve the health and well-being of the community.

This play brings the audience literally face-to-face with the struggles of those still living in that community. "I wanted my side of the story to be heard," says Walmsley. "I wasn't what people thought I was, and I wanted that to show."

In The Jones Boy, the humanity of this often-marginalized community cannot be ignored.

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Oakville Place

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PICKERING
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News in brief

BlackBerry blackout

Large numbers of BlackBerry users across Europe, the Middle East and Africa were cut off from Internet and messaging services, phone companies in the affected regions said yesterday.

BlackBerry maker Research in Motion Ltd. gave few details beyond a brief statement saying that customers were "experiencing issues," but telecommunications companies laid the blame at the Canadian company's door. **THE CANADIAN PRESS**

Baby races out after marathon

A pregnant woman felt contractions a few minutes after finishing the Chicago Marathon and gave birth hours later to a baby daughter.

Amber Miller was nearly 39 weeks pregnant when she started the 42-kilometre race on Sunday morning. The DuPage County woman tells The Daily Herald in a telephone interview from her hospital bed that her doctor allowed her to run half the race and walk half. **THE ASSOCIATED PRESS**

Treasure found under the sea

A U.S. sea exploration company said yesterday it has discovered a ship filled with silver, some 2,400 metres beneath the surface of the North Atlantic Ocean. **THE ASSOCIATED PRESS**

Gadhafi's former base captured

Transitional leadership says it will declare Libya has been liberated after Sirte falls Heavy fighting rages on

Jubilant revolutionary forces raised their tricolour flag yesterday over a convention centre in Sirte that served as a base for Moammar Gadhafi's loyalists there, but fighting surged elsewhere in the fugitive leader's hometown.

Col. Younis al-Abdally, a commander in Sirte, said his troops have surrounded pro-Gadhafi fighters in a small area in the upscale Dollar Street. He conceded the final battle is likely to be a fierce one, saying he has information one of Gadhafi's sons and a number of top officials from the ousted leader's regime are holed up in villas in Sirte.

He spoke as tank, rocket and machine-gun fire echoed through the streets around the Ouagadougou Convention Center, an ornate complex that Gadhafi frequently used for international summit meetings.

The capture of the walled complex was a symbolic victory because Gadhafi fighters have used it as a base and stronghold throughout a weeks-long siege of the Mediterranean coastal city by forces of the new government.

Revolutionary forces also claimed significant gains in the inland enclave of Bani Walid, after weeks of faltering advances.

Libya's de facto leader, Mustafa Abdul-Jalil, head of the governing National Transitional Council, said yesterday that he expected both cities to be seized within a week. Similar predictions in the past have not been fulfilled. **THE ASSOCIATED PRESS**

Sirte's importance

Located 400 kilometres southeast of Tripoli, Sirte is key to the physical unity of the nation of some six million people.

- It lies roughly in the centre of the coastal plain where most Libyans live, blocking the easiest routes between east and west.

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Departs Oct 27/swg/wg.

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Viva Wyndham Maya + taxes & fees $347
Departs Oct 25/swg/wg.

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Departs Nov 20/nol/c6.

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INCLUDES accom near theme parks. Price per person based on family of 4. Departs Oct 30/ggv/wg.

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Imperial Palace + taxes & fees $309
INCLUDES accom on the Strip. Departs Nov 13/swg/wg. UPGRADE to the 4-star Luxor for $13 per night.

New England Fall Colours
Air + Car $355
+ taxes & fees $127
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New Orleans Air + 3 Nights 4-Star $579
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MANU BRABO/THE ASSOCIATED PRESS

▶ A revolutionary fighter plugs his ears with cotton during a battle with Gadhafi loyalists in Sirte, Libya, yesterday. A commander in Sirte conceded the final battle is likely to be a fierce one.

Fugitive leader said to be hiding in desert

A representative of Libya's ethnic Tuareg group says he believes Moammar Gadhafi is hiding in the southwestern desert near the borders with Niger and Algeria.

Moussa al-Kouni, the Tuareg representative on the governing National Transitional Council, says the fugitive leader could even be taking advantage of the rough terrain to go back and forth unnoticed across the border into Niger.

Al-Kouni produced no evidence during a news conference yesterday. But he claims Gadhafi sent his son Khamis to the area two months before Tripoli fell to set up a radio station and make preparations in case the regime had to flee.

There has been much speculation about Gadhafi's whereabouts and some officials have alleged the Tuaregs are giving him shelter. **THE ASSOCIATED PRESS**

LEON NEAL/THE ASSOCIATED PRESS FILE PHOTO

▶ In this 2007 file photo Britain's then-prime minister Tony Blair meets Moammar Gadhafi near Tripoli.

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Child expelled for spelling error

‘Blasphemous’ misspelling has drastic consequences for Pakistani family 13-year-old apologizes for mistake

There’s no shortage of reminders nowadays of how dangerous Pakistan has become.

Kidnappings are rampant, suicide bombers strike crowded markets, and sectarian violence is commonplace.

Even sitting for a school exam comes with risks.

In the Pakistani village of Havelian, a Christian Grade 8 student named Faryal Bhatti has been accused of blasphemy after making a spelling mistake on a test.

School authorities say Bhatti recently misspelled a word in Urdu in a poem written to celebrate the Prophet Muhammad. Instead of the word “Naat,” which meant a poem of praise, Bhatti misplaced a letter with a dot and instead wrote the word “Laanat,” which means curse.

Bhatti’s teacher reportedly beat her in front of her class and then referred the case to the school’s principal.

As news of Bhatti’s infraction spread, religious clerics rallied locals to protest in the streets. Bhatti should be expelled, they demanded, and her family evicted from their home.

Protesters chanted slogans against the student, her family, and Christianity, The Express Tribune newspaper reported. Her case was a “conspiracy against Islam,” clerics said, according to the newspaper. **TORSTAR NEWS SERVICE**

Spelling fallout

Faryal Bhatti was expelled. But clerics weren’t done.

- Local government administrators agreed to have Bhatti’s mother transferred from her government job as a nurse and the family evicted from their home in a cantonment area populated by public servants.
- The high-profile case has further polarized news media and religious leaders in nuclear-armed Pakistan.

Samaritan. Sukkah

▶ A woman from the ancient Samaritan community decorates a Sukkah made from fresh fruit for the holiday of the Tabernacles, or Sukkot, in Mount Gerizim near the West Bank town of Nablus yesterday.

NASSER ISHTAYEH/THE ASSOCIATED PRESS

Decorating for the holiday

The Sukkah is a temporary structure built for the Jewish holiday Sukkot, which the Samaritans will celebrate today. According to tradition, the Samaritans are descendants of Jews who were not deported when the Assyrians conquered Israel in the 8th century B.C.

Law bans openly carrying guns in California

California became the fifth state to prohibit openly carrying handguns in public after Gov. Jerry Brown announced yesterday that he had signed the ban into law amid heavy opposition from gun enthusiasts.

The law, by state Democratic Assemblyman Anthony Portantino, makes it a misdemeanour to carry an exposed and unloaded gun in public or in vehicles, with violators facing up to a year in prison or a potential fine of $1,000 when the law takes effect on Jan. 1.

The bill exempts hunting and shooting events and does not apply to those who are given permits to carry a concealed weapon by law enforcement authorities.

Portantino said the bill is an opportunity to prevent tragedy before it happens.

“It’s not if somebody is going be shot, it’s when somebody is going to be shot,” he said. “We have the opportunity to avoid that, and that’s why this is so critical.”

He said law enforcement officials have been concerned about the proliferation of guns in public and the tense situations that arise when someone sees another person carrying a firearm in public.

He said the encounters can escalate quickly because others don’t know whether the gun is loaded or unloaded.

One of the first rules of firearms safety is to always assume a weapon is loaded. **THE ASSOCIATED PRESS**

KEVORK DJANSEZIAN/GETTY IMAGES

▶ Jerry Brown speaks before he signed two bills at the Los Angeles Convention Center on Sept. 27.

Protest

- Gun owners protested the legislation in April when they began carrying unloaded handguns in public places and restaurants as a political statement in Pasadena.

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Excess wear and tear and km charges not included. Other lease options available. $350 lease Acquisition Credit (tax exclusive) available only to qualified retail customers who lease a 2011 GMC Sierra 1500 reflected in offer(s) in this advertisement. ◆ †††▼▼Freight & PDI ($1,450/$1,450) included. All and Taxes and other applicable fees not included. Dealer may sell for less. Offers subject to change without notice. Offers apply as indicated to 2011 GMC Sierra 1500 Ext. Cab 2WD R7A, 2011 GMC Terrain SLE FWD R7A, 2011 GMC Acadia SLE FWD R7A and 2011 GMC Sierra 1500 Ext. Cab 4WD R7J. Dealer order or trade may be required. ‡‡‡Based on a 24 month lease for 2011 GMC Terrain SLE FWD R7A. Annual kilometre limit of 20,000 km. $0.20 per excess kilometre. Lease Acquisition Credit (tax exclusive) available only to qualified retail customers who lease a 2011 GMC Terrain reflected in offer(s) in this advertisement. Other lease options available. Offers subject to change without notice. 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Dealer order or trade may be required. ‡‡‡Based on a 24 month lease for 2011 GMC Terrain SLE FWD R7A. Annual kilometre limit of 20,000 km. $0.20 per excess kilometre. Lease Acquisition Credit (tax exclusive) available only to qualified retail customers who lease a 2011 GMC Terrain reflected in offer(s) in this advertisement. Other lease options available. Offers subject to change without notice. Offers apply as indicated to 2011 GMC Terrain SLE FWD R7A. See dealer for details. ◊Fuel consumption ratings based on Natural Resources Canada's approved test methods and are for comparison purposes only. Your actual fuel consumption will vary depending on driving habits and other factors. ◊◊Based on 2011 Chevrolet Malibu and 72 months on 2011 Chevrolet Impala. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example $10,000 at 0% APR, the monthly payment is $208.33/$168.75/$136.75/$125.29/$125.85/$138.89 for 48/60/72/84 months. Cost of borrowing is $0/$253.40/$617.12/$1,095.56. Total obligation is $10,000/$10,253.40/$10,617.12/$11,095.56. Down payment and/or trade may be required. Monthly/Bi-weekly payments based on a purchase price of $28,698 with $0 down payment. ‡‡0%/0.99%/1.99%/2.99% purchase financing offered by GMCL for 48/60/72/84 months on 2011 GMC Acadia SLE FWD R7A. O.A.C by Ally. Rates from other lenders will vary. Example: $10,000 at 0%/0.99%/1.99%/2.99% APR, monthly payment is $208.33/$170.89/$147.46/$132.09 for 48/60/72/84 months. Cost of borrowing is $0/$253.40/$617.12/$1,095.56. Total obligation is $10,000/$10,253.40/$10,617.12/$11,095.56. Down payment and/or trade may be required. Monthly/Bi-weekly payments based on a purchase price of $33,598 with $0 down payment. ▼▼Based on a 24 month lease for 2011 GMC Sierra 1500 Ext. Cab 4WD R7J. Annual kilometre limit of 20,000 km. $0.20 per excess kilometre. GMC by GMF Financial. Monthly payments may vary depending on down payment/trade. A down payment or trade of $1,775 and/or $0 security deposit is required. Total obligation is $8,939. Option to purchase at lease end is $14,719. Excess wear and tear and km charges not included. Other lease options available. $350 lease Acquisition Credit (tax exclusive) available only to qualified retail customers who lease a 2011 GMC Sierra 1500 reflected in offer(s) in this advertisement. ◆ †††▼▼Freight & PDI ($1,450/$1,450) included. All and Taxes and other applicable fees not included. Dealer may sell for less. Offers subject to change without notice. Offers apply as indicated to 2011 GMC Sierra 1500 Ext. Cab 2WD R7A, 2011 GMC Terrain SLE FWD R7A, 2011 GMC Acadia SLE FWD R7A and 2011 GMC Sierra 1500 Ext. Cab 4WD R7J. Dealer order or trade may be required. ‡‡‡Based on a 24 month lease for 2011 GMC Terrain SLE FWD R7A. Annual kilometre limit of 20,000 km. $0.20 per excess kilometre. Lease Acquisition Credit (tax exclusive) available only to qualified retail customers who lease a 2011 GMC Terrain reflected in offer(s) in this advertisement. Other lease options available. Offers subject to change without notice. Offers apply as indicated to 2011 GMC Terrain SLE FWD R7A. See dealer for details. ◊Fuel consumption ratings based on Natural Resources Canada's approved test methods and are for comparison purposes only. Your actual fuel consumption will vary depending on driving habits and other factors. ◊◊Based on 2011 Chevrolet Malibu and 72 months on 2011 Chevrolet Impala and 72 months on 2011 Chevrolet Malibu. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example $10,000 at 0% APR, the monthly payment is $208.33/$168.75/$136.75/$125.29/$125.85/$138.89 for 48/60/72/84 months. Cost of borrowing is $0/$253.40/$617.12/$1,095.56. Total obligation is $10,000/$10,253.40/$10,617.12/$11,095.56. Down payment and/or trade may be required. ▲Whichever comes first. Excludes medium-duty trucks. See dealer for limited warranty details. ▲▲Whichever comes first. Excludes medium-duty trucks. See dealer for roadside assistance details

Why did so many women die?

Hearings attempt to explain why B.C. justice system failed the victims of Robert Pickton

Families of serial killer Robert Pickton victims have known the answer to who killed their loved ones for years.

Today, the process aimed at understanding why he was able to do it, how he was able to conduct such a prolific killing spree for so long, will get underway.

The families have been calling for public hearings since before Pickton was arrested and eventually convicted of six murders. His trial only revealed what happened, not why.

The public inquiry will examine the role of the Vancouver police and the RCMP, and why neither force was able to stop a serial killer as sex workers vanished in the late 1990s and early 2000s.

Pickton was arrested in 2002. The remains or DNA of a total of 33 women were found on his farm, and he bragged to police that he killed 49.

THE CANADIAN PRESS

DARRYL DYCK/THE CANADIAN PRESS

▶ A poster with pictures of missing women.

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New leader a first for Newfoundland

Expectations weren't exactly high when Kathy Dunderdale became the hand-picked replacement for one of the most popular premiers Canada has ever seen.

"One of the greatest challenges is going to be that I'm not Danny Williams," she said last December as her force-of-nature boss suddenly quit politics in Newfoundland and Labrador to resume his business career.

"However, I'm confident that I'll make my own mark."

Those last words turned out to be prescient. All recent polls signal that Dunderdale, 59, is set to make history today, becoming the first woman elected to the province's top political job.

It would be a sweet triumph for the daughter of a Burin Peninsula fisherman, one of 11 children, who was only supposed to lead the Progressive Conservatives until an heir apparent stepped up to fill the chasm Williams left.

▶ Kathy Dunderdale

No one did. Dunderdale declared within weeks that, with the backing of her cabinet and caucus, she would run for the leadership.

She was crowned unchallenged last spring. Now she must clear the hurdle of today's election to validate her leadership and set what she hopes will be an eight-year course as premier.

THE CANADIAN PRESS

NOTICE OF MOTION FOR DEFAULT JUDGMENT:

Village of Elbridge, petitioner, v. **SUSAN WILSON**, respondent. State of New York, County of Onondaga, Justice Court, Town of Clay. Motion Made By: Smith, Sovik, Kendrick & Sugnet, P.C., on behalf of the Petitioner, Village of Elbridge. Date, Time & Place of Motion: **December 1, 2011**, at 5:00 p.m., at the Town of Clay, 4401 State Route 31, Clay, NY. Supporting Papers: Notice of Motion, Affidavit of Robert Herrmann sworn to August 31, 2011& Affidavit of Daniel R. Ryan, Esq., sworn to September 1, 2011, together with Exhibits. Relief Demanded: An Order for default judgment and granting Petitioner's permission to file judgment against Respondent Susan Wilson, and that an inquest be scheduled to determine the amount of judgment against Susan Wilson. Dated: September 1, 2011, Smith, Sovik, Kendrick & Sugnet, P.C., Attorneys for the Petitioner.

NOTICE TO RESPONDENT:

Village of Elbridge, petitioner v. Susan Wilson, respondent. TO: SUSAN WILSON, YOU ARE HEREBY ON NOTICE that a motion for default judgment has been filed at the Town of Clay, 4401 State Route 31, Clay, NY, concerning the Petition filed against you regarding property commonly known as 116 E. Main St. Elbridge, NY. It is demanded that you serve Opposition to the Motion for Default Judgment on the subscriber at 250 South Clinton St., Ste. 600, Syracuse, NY 13202 by November 24, 2011, and upon the Justice Court in the Town of Clay at Town of Clay, 4401 State Route 31, Clay, NY, and appear for the Motion on December 1, 2011. If you fail to oppose this motion, a default judgment for the relief demanded in the Petition may be ordered against you. If default judgment is obtained, respondent may be responsible for civil fines & penalties in excess of $170,400.00, an order directing an inspection of the premises, directing respondent to remedy all code violations & authorizing condemnation of structures on the property if not brought into immediate compliance. Dated: September 1, 2011, Smith, Sovik, Kendrick & Sugnet, P.C., Daniel R. Ryan, Esq., Attorneys for the Petitioner.

Airline labour dispute persists

Air Canada will maintain partial schedule if strike occurs 65 per cent of union members rejected deal

An escalating labour dispute between Air Canada and its flight attendants is causing at least one analyst to question if union leaders at the bargaining table understand what their members want.

The airline's 6,800 flight attendants rejected a tentative deal for the second time on Sunday and served strike notice which could see them walk off the job early Thursday morning.

Chris Murray of PI Financial says the second rejection of a tentative deal raises questions about union leaders' ability to bargain in good faith.

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Federal Labour Minister Lisa Raitt

Murray says he isn't surprised the federal government is readying to step into the dispute to prevent a strike at the country's largest airline.

The Canadian Union of Public Employees, which represents the flight attendants, has asked Ottawa not to intervene, but federal Labour Minister Lisa Raitt has said a work stoppage would be "unacceptable."

Jeff Taylor, the president of CUPE's Air Canada division, has said the second rejection shows how frustrated flight attendants are with the airline after years of giving concessions.

THE CANADIAN PRESS

Preservation plan rough: Charest

Quebec Premier Jean Charest says he hasn't hammered out the details of a plan to environmentally protect half the territory in the province's north.

Speaking in Barcelona yesterday, Charest told reporters his goal of preserving half the area north of the 49th parallel is ambitious and still somewhat rough.

The premier, who is in Spain promoting his Plan Nord 'environmentally sustainable' development project, wouldn't rule out having forestry work in the protected zone. The idea was brought up last week by Leopold Gaudreau, the province's deputy minister of environment.

Charest shut the door on any mining operations in the area, a possibility raised last week by his environment minister, Pierre Arcand.

Charest deemed it "one of the most important sustainable projects for the world" and said it would create 500,000 jobs over 25 years. THE CANADIAN PRESS

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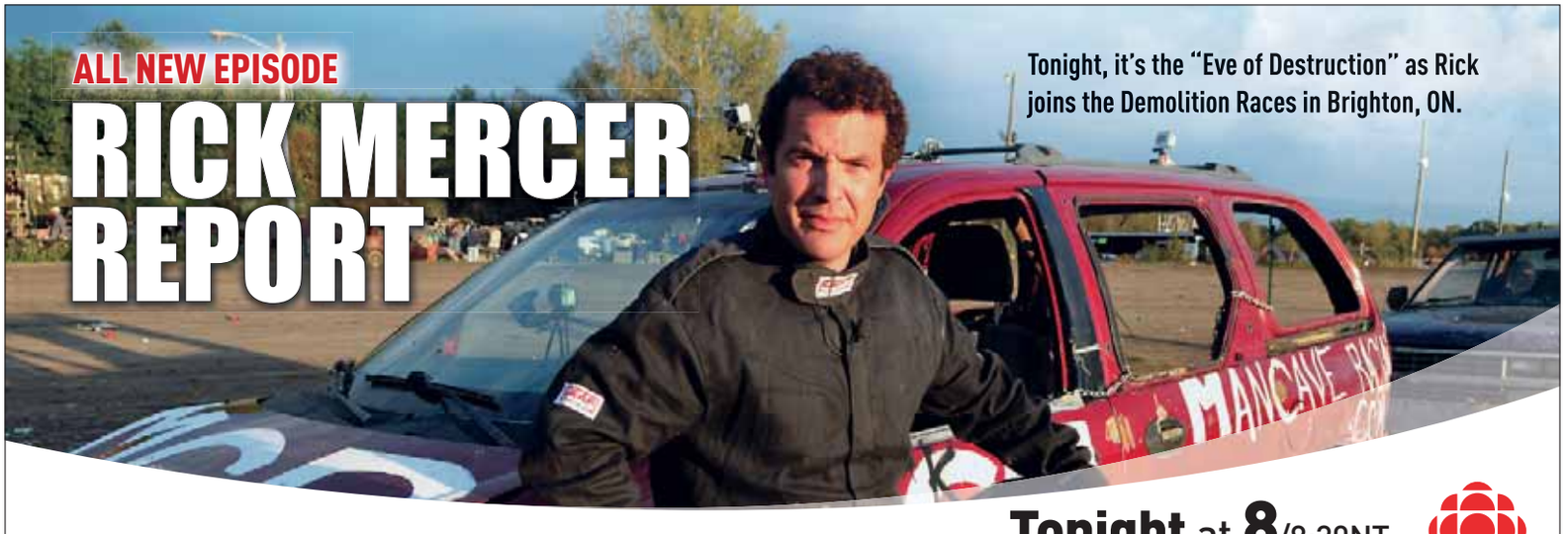
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TOBIAS KLEINSCHMIDT/GETTY IMAGES

▶ Officers patrol through Berlin's central railway station Hauptbahnhof yesterday.

Berlin arson foiled

The city has seen several arson attacks in the recent past that police have blamed on leftist extremists

An arson attack on Berlin's busy central train station was thwarted at the last minute yesterday after railway employees discovered a device set to explode, police said.

Experts secured seven bottles filled with flammable liquid bundled together and linked to a fuse, Federal Police spokeswoman Nadine Marschner said.

Railway employees alerted authorities after detecting suspicious items at one of the station's tunnels, about 90 metres from the train platforms, she added.

Similar devices were used in a second arson attack earlier just west of Berlin along a high-speed link to Hamburg. The blast in a utility shaft caused some damage and brought train traffic to a halt.

German tabloid Bild reported a leftist group calling itself "Hekla Reception Committee — Initiative for more Eruptions in Society" — in an apparent reference to Iceland's Hekla volcano — claimed responsibility. It said it was a protest against Germany's military engagement in Afghanistan.

THE ASSOCIATED PRESS

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The leaning tower of London

World-famous Big Ben found to be tilting to one side

Big Ben has a little bend.

Experts say the neogothic clock tower is listing gently, and documents recently published by Britain's Parliament show that the top of its gilded spire is nearly half a metre out of line.

The tower — colloquially known as Big Ben after its massive bell — has been slightly off centre since it was erected in the 19th century. Like many old buildings its position has been shifting imperceptibly for years as the ground beneath it subsides.

But a survey recently posted to the Internet shows that the clock tower underwent an unusual and

SANG TAN/THE ASSOCIATED PRESS

▶ Big Ben

so far unexplained shift of about three millimetres in 2003. One expert said the unevenness might now be just about visible to the naked eye.

"I have heard tourists there taking photographs saying, 'I don't think it is quite vertical' — and they are quite right," engineering expert John Burland was quoted as saying by the Sunday Telegraph, whose Freedom of Information request uncovered the survey.

Mike McCann, who's charged with looking after the tower's clockwork, shrugged off the problem, saying that such imperfections were a fact of life for older buildings.

"The Victorians didn't have lasers or modern surveying equipment," said McCann. "It was never going to be straight to start with." THE ASSOCIATED PRESS

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Make forced marriage a crime: British PM

- U.K. government cracking down on immigration
- Measures include stricter tests for marriage visas

Forcing someone into marriage could be made a criminal act under possible changes to British law, Prime Minister David Cameron said yesterday.

Alongside moves aimed at cracking down on sham marriages used to cheat immigration rules, Cameron said he has asked interior ministry officials to discuss creating a new offence aimed at those who force people to marry against their will.

Currently, a potential victim of forced marriage can apply to a court for a protection order, which is intended to stop intimidation or violence and prevent someone from being sent overseas.

Although anyone breaching the order can be jailed for two years, the sanction is made under civil, not criminal law and is rarely imposed. A panel of lawmakers found in May that only one person had been imprisoned under the legislation, which was introduced in 2008.

A government unit set up to investigate forced-marriage cases handled 1,753 allegations last year, more than half of them involving British residents with family ties to Pakistan. Other incidents related to people from Bangladesh and India.

Cameron said forcing someone into marriage would be made a criminal act, unless there is a risk it would prevent victims from coming forward to authorities. THE ASSOCIATED PRESS

OLLI SCARFF/THE ASSOCIATED PRESS

"Forced marriage is little more than slavery. To force someone into marriage is completely wrong, and I strongly believe this is a problem we should not shy away from addressing."

PRIME MINISTER DAVID CAMERON

▶ British Prime Minister David Cameron talks to border-agency officials in their control room during a visit yesterday to Heathrow airport in London. Along with criminalizing forced marriage, the Conservative government hopes to cut net immigration, which includes families of visa holders, from about 196,000 to below 100,000, by 2015. The country has already imposed tougher limits on the number of non-Europeans allowed to work in the U.K.

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PAULA BRONSTEIN /GETTY IMAGES

▶ A man smokes as he sits yesterday in a flooded street in Ayutthaya, Thailand.

Race to stem floods

100,000 more sandbags needed to protect Thai capital

Thai authorities are rushing to build sandbag barricades in Bangkok to protect it from the worst floods in decades that have already killed nearly 270 people across the country.

Prime Minister Yingluck Shinawatra said yesterday that government workers have two days to build three major water barricades before runoff from the north reaches the Thai capital.

The Disaster Prevention and Mitigation Department said 269 people have died, mostly from drowning, since tropical storms began hitting Thailand at the end of July.

In Ayutthaya province to the north, flooding forced more than 200 factories in two industrial zones to shut, including Japanese automobile giant Honda, whose production plant suffered water damage.

Floods also inundated Thailand's eastern neighbour Cambodia, where at least 207 people have died since August.

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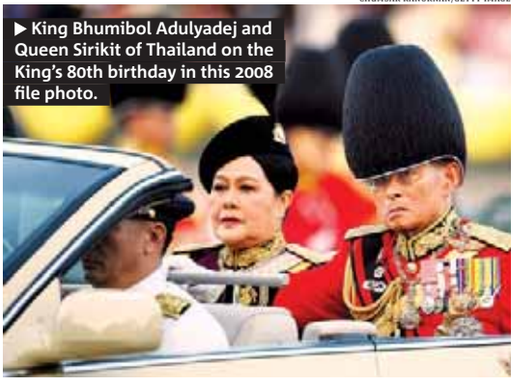
TORONTO HYDRO

American pleads guilty in Thai royal insult case

Washington wants freedom of expression respected

CHUMSAK KANOKNAN/GETTY IMAGE



▶ King Bhumibol Adulyadej and Queen Sirikit of Thailand on the King's 80th birthday in this 2008 file photo.

Hoping for a lenient sentence, a shackled U.S. citizen pleaded guilty yesterday to charges of defaming Thailand's royal family, a grave crime in this Southeast Asian kingdom punishable by up to 15 years in jail.

Thai-born American Joe Gordon has been detained since late May for translating excerpts of a locally banned biography of King Bhumibol Adulyadej and posting them online. Gordon committed the alleged crimes years ago while living in the U.S. state of Colorado, where he worked as a car salesman. Gordon, 55, lived in the U.S. for about 30 years before returning to Thailand last March for medical treatment.

The case has raised concerns about the reach of Thai law and how it is applied to both Thai nationals and foreign visitors.

Lese majeste is the crime of insulting a ruler, and Thailand has the most severe lese majeste laws in the world. Critics say they have been increasingly abused by political rivals to harass opponents, particularly since a 2006 military coup.

"I'm not fighting in the case. I'm pleading guilty, sirs," Gordon told the judges at a Bangkok criminal court. THE ASSOCIATED PRESS

American economists win Nobel

JULIO CORTEZ/THE ASSOCIATED PRESS

▶ Christopher Sims, left, and Thomas Sargent.

Americans Thomas Sargent and Christopher Sims won the Nobel economics prize yesterday for research that sheds light on the cause-and-effect relationship between the economy and policy instruments such as interest rates and government spending.

Sargent and Sims — both 68 — carried out their research independently in the 1970s and '80s. THE ASSOCIATED PRESS

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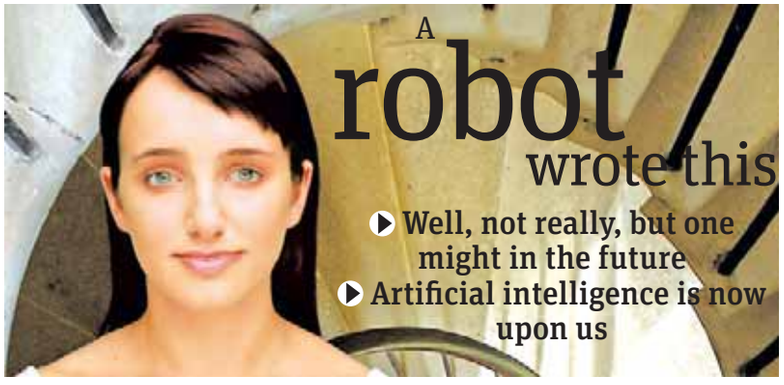

A robot wrote this

- Well, not really, but one might in the future
- Artificial intelligence is now upon us

ELISABETH BRAW
TORONTO@METRONEWS.CA
METRO WORLD NEWS IN LONDON

She's everyone's favourite friend, always there for them. No issue is too silly to discuss. That's because she's a computer. More precisely, she's a virtual human (nickname: Cleverbot), a computer program designed to mimic humans and interact with them.

Welcome to tomorrow's world, where virtual and real humans mix seamlessly.

"In the past, chatbots were only able to answer simple questions, but they're getting smarter," explains Erwin van Lun, CEO of Chatbots.org. "Customer service remains the most important use for chatbots, but now companies are working towards virtual humans. That way they could, for example, lower costs at call centres."

Virtual humans are becoming more human-like. Not surprisingly, Apple is at the top of the game. Last week, Apple introduced Siri, a voice-recognition system that functions as an iPhone user's virtual assistant. Just like Cleverbot, she understands context. But unlike Cleverbot, she can schedule appointments, look up restaurants and provide reminders about bills that have to be paid — all inside her iPhone home.

"Many companies are working on developing virtual humans even farther so they can understand emotions and — if they're avatars — visually express emotions," says van Lun. (Visit metronews.ca/video for the YouTube video Two Chatbots Arguing to see them get snippy, if not actually angry.)

"Companies are working towards virtual humans. That way they could lower costs." ERWIN VAN LUN, CEO OF CHATBOTS.ORG

Tweets on Siri

- **@gattaca:** Can't wait for the Siri "questions from last night" website.
- **@jowyang:** How soon will see Tweets "Published by Siri"?
- **@ironicsans:** Siri, open the pod bay doors.
- **@iamleeg:** Siri needs drunk mode. "Siri, call my ex-girlfriend." "I'm sorry Dave, I'm afraid I can't do that."

- **@nsxdavid:** Siri, are these the droids we are looking for?

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A CHAT WITH CLEVERBOT

Developed by scientist Rollo Carpenter, this AI web app (cleverbot.com) learns from humans and talks back.

So Cleverbot, do you have friends?
Yes.
Who are your friends?
My friends are Lindsey, Josh, Kelby and Dallas.
Which human would you like to befriend the most?
Female.
Computers like women? Are you sure that you are robot?
I'm not a computer, you are!
I am not a computer! I am a human. You are a Cleverbot.
No, I'm not.
So, who are you, a human?
Yes, are you?
I am human. How do you know that you are human?
I think therefore I am.
You may have a point there. Where do you live?
Michigan.

▶ Two Cleverbots argue on YouTube.

59.3%
of humans thought they talked to a human while they talked to Cleverbot during a test last month.

Oh, gosh. It must be boring.
Exactly. That is why I want to travel.
What are you thinking about now?
You.
That's flattering. What do you think about me?
I love everything about you.
What do you particularly love about me?
The fact you always try.
What is love?
Love is something strange but good that you feel toward a person.
Have you ever been in love?
No, I have never been in love.
Do you prefer men or women?
I prefer my man. Are you female?
No, I am a male.
That's wonderful.
Are you flirting with me?
Yes. Are you flirting with me?
Hold on, I am married.
Me 2.
But you said you have never been in love. Have you married for money?
It was a programming glitch. ● ALEKSANDER KORAB

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1M iPhones pre-ordered

Apple's new 4S breaks record set by previous model Unit costs $200 in the U.S. with a two-year contract

Apple says first-day pre-orders of the iPhone 4S topped one million, breaking the record set by last year's model.

Apple and phone companies in the U.S., Australia, Canada, France, Germany, Japan and Britain started taking orders for the phone last Friday. It hits stores this Friday.

However, it's hard to determine whether consumer demand is stronger for the new device than it was for previous versions. Although first-day orders for the iPhone 4 were 600,000 when it launched last year, Australia and Canada weren't among the launch countries then — they got the phone a month later. Apple has also expanded the number of carriers in each country.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold
11,588.36 (Friday's close)	96.31¢ US (Friday's close)	+ $2.43 US ($85.41 US)	$3.541 (+ 6.0¢)	$1,670.80 (+ $35.00)

Markets in Canada were closed yesterday for the holiday.

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	Male	Female	Male	Female	Male	Female	Male	Female
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40	$13	$11	$16	$13	$24	$19	$41	$29
45	$16	$13	$23	$17	$33	$22	$57	$38
50	$17	$13	$33	$24	$52	$36	$96	$67
55	$25	$18	$53	$37	$80	$66	$168	$123
60	$37	$26	$86	$59	$160	$110	$310	$212
65	$61	$40	$140	$94	$282	$184	$551	$362
70	$102	$70	$248	$167	$492	$328	$971	$652

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WHAT'S IN A MAIDEN NAME?

SHE SAYS ...

JESSICA NAPIER
METRO

I used to hate my surname.

I would groan every time I had to explain that no I am not French and it's pronounced NAY-pee-ur not NAAAA-pee-yer.

As a child I longed for a simple last name, something solid and sensible like Barber or West. But as time went on, I grew to love my slightly unusual moniker. My name has been with me for 26 years and I'm not quite sure that I'll ever want to give it up.

And yet, I know plenty of women who are more than happy to abandon their surnames the moment they tie the knot.

Every weekend, a growing number of strangers populate my Facebook news feed as each new bride eagerly adopts her husband's name.

Many modern women wrestle with the name-change debate in the months leading up to their nuptials.

Relinquishing your maiden name is hardly the marriage prerequisite it once was, but it still seems to be the cultural norm here in Canada.

"And for the really cynical folk, keeping your maiden name might be the all too obvious choice when you consider the depressing likelihood that your one true love will end up in divorce court."

Some argue that a shared name for both partners builds a cohesive family unit and helps avoid the inevitable conflict over children's names. Plus there's the added bonus of never having to defend yourself against nosy in-laws and acquaintances who just can't understand why you don't want to use your "family name."

Sure there are plenty of reasonable arguments for ditching your surname for his, but isn't this tradition a bit archaic? I can't help but feel like there's a lingering sense of ownership surrounding the whole thing.

I shudder when I hear a newly-wed couple introduced as Mr. and Mrs. His First and Last Name, as if a change in marital status has resulted in the dissolution of her entire identity.

But let's forget the feminist unease for a moment. Taking your husband's name is also an enormous bureaucratic headache. Changing your name on all of your official documents — passport, driver's licence, health card, credit cards — means lengthy line-ups, stacks of paperwork and a lot of hassle.

And for the really cynical folk, keeping your maiden name might be the all too obvious choice when you consider the depressing likelihood that your one true love will end up in divorce court.

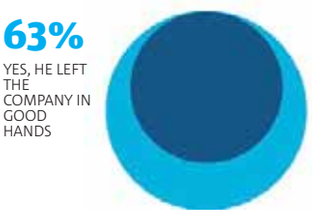
Ultimately, it's a very personal decision and there's really no right or wrong choice — only what's right for you. Unless you've decided to go with a hyphenated compromise. Excellent in theory, but individuals with multiple surnames always end up sounding a bit too much like law firms.

Read more of Jessica Napier's columns at metronews.ca/shesays

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Can Apple survive without Steve Jobs?



63%
YES, HE LEFT THE COMPANY IN GOOD HANDS

36%
NO, THE VISIONARY IS GONE

Local tweets

- **@laura michelle__:** #imthankfulfor vodka iceteas and leftovers :)
- **@_ThatRay:** #imthankful-for the food I eat.
- **@_itsmaye_:** #imthankful-for a Beautiful but Weird Family <3
- **@JyeOram:** #imthankfulfor my eyes, my ears, my nose, my feet, my hands, my soul, my body and all in which it contains
- **@CMC_WhosArmy:** #imthankful for this awe-some October weather!
- **@Queeniiesha:** #imthankfulfor LIFE . It can be taken away from you in a heart-beat , so don't take it for granted .
- **@fjcordero416:** Turkey, stuffing, and pumpkin pie..can't get any better than that
- **@mariakakarelis:** i'll be eating turkey sandwiches for the next week
- **@KevinBeatty_:** Okay enough thanksgiving tweets, i get it you ate turkey.
- **@katietodt:** On my way back home to Toronto.. But apparently so is everyone else! #Toronto #Traffic #TOisHome

Letters

RE: John Mazerolle's column published Oct. 6, Let's talk birds and bees

While Mazerolle's article is already a somewhat pointless rehash of the tired and overdone issue of talking to teenagers about sex, he worsens the matter with his tactless and failed attempt at wit. In the print version of your paper he suggests warning boys off drinking and sex because this could result in relations with a fat girl and it could be all over the Internet by the following day. I noticed your online version had the decency to remove that paragraph but I was most offended by your print edition.

ELIZABETH DUNGAN, TORONTO

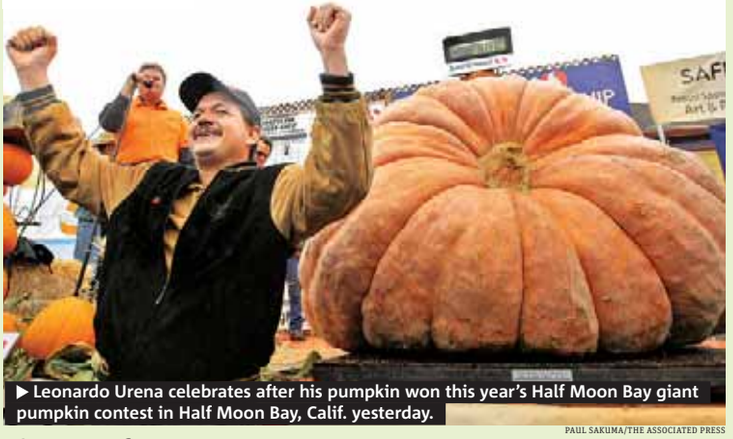
There seem to be a lot of letters being sent in regarding the column.

Have the people sending these in never heard of comedy? Honestly it is intended to poke fun at a subject, not to take it seriously. I happen to be an overweight woman and I did not find this article hurtful, ignorant, rude or offensive. Grow up and learn to take a joke.

When did we turn into a society that's so damn politically correct?

JACKI NORRIS, TORONTO

Gourd. Champ



▶ Leonardo Urena celebrates after his pumpkin won this year's Half Moon Bay giant pumpkin contest in Half Moon Bay, Calif. yesterday.

PAUL SAKUMA/THE ASSOCIATED PRESS

Photo of the day

The award-winning pumpkin weighed 1,704 pounds, making it a new California record. The circumference was 195 inches.

WEIRD NEWS

Fighting evil lands superhero in handcuffs

Instead of the bad guys, it was Seattle's most prolific self-styled superhero that ended up in handcuffs.

Police officers arrested the 23-year-old man who calls himself Phoenix Jones early Sunday after he was accused of assaulting several people with pepper spray. He was booked in county jail on four counts of assault, with arraignment set for Thursday, police said yesterday.

Jones, who wears a black mask with yellow stripes and a bulging muscle bodysuit, said he was only trying to stop a street brawl.

"Just because he's dressed up in costume, it doesn't mean he's in special consideration or above the law. You can't go around pepper spraying people because you think they are fighting," said Seattle police spokesman Det. Mark Jamieson.

Jones has been the most public face of a group of vigilante crime stoppers to show up in Seattle in the last couple of years. His exploits have garnered much media attention, and he's had a camera crew trailing him in recent months.

Peter Tangen, a volunteer spokesman for Jones, said yesterday that police didn't have any interest in the alleged hit-and-run, but rather have an agenda against the masked crime fighter.

"They're on a mission to stop Phoenix Jones from what he's doing, which is legal," Tangen said.

THE ASSOCIATED PRESS

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2 scene

Box office

Boxing robots are the undisputed champions at the weekend box office.
According to studio estimates Sunday, Hugh Jackman's Real Steel debuted at No. 1 with $27.3 million. George Clooney's political saga The Ides of March was the runner-up, opening at No. 2 with $10.4 million. Previous No. 1 movie, Dolphin Tale, slipped to No. 3 with $9.2 million.
THE ASSOCIATED PRESS

Father of Amy Winehouse has memoir due next summer.

Vanasse goes global

Quebec actress Karine Vanasse has her eye on the big-screen English language market
Roles in Canadian indie film I'm Yours and ABC's Pan Am are turning heads outside Quebec

NATHAN DENETTE/THE CANADIAN PRESS

▶ Francophone actress Karine Vanasse says her role in ABC's Pan Am is proving to be the key to her bid for global stardom.

Already established in her home province of Quebec, francophone actress Karine Vanasse set her sights on launching a big screen career in the English-language market and beyond.

She found an agent to help her break into English Canada and the United States and scored her first anglophone leading role outside Quebec with the upcoming low-budget Canadian indie film I'm Yours.

But the lanky brunette says it's a small-screen role on the big-budget ABC series Pan Am that's proving to be the real key to her bid for global stardom, noting that early international sales have already introduced her to audiences overseas.

"I did a movie in France last (year) ... and they already knew about Pan Am — it's been sold everywhere in the world," said Vanasse, whose Canadian film credits include 2009's Polytechnique and the just-released bilingual comedy French Immersion.

"Hopefully the show will work internationally and if it allows me to have a more international career... it's great to see that's possible."

The vast overseas market for North American TV offers a lucrative launching pad for actors hoping to be known for more than just small-screen characters, said Elisha Cuthbert, the Canadian star of ABC's Happy Endings.

The Calgary-born actress says that's why she's just as concerned about cultivating a foreign following for her ensemble sitcom as she is about netting solid U.S. ratings.

"On a worldwide scale as opposed to just the United States — which is a huge deal — I would think that our international appeal is more important," Cuthbert said in a recent interview while promoting the U.S. series, which airs on Citytv in Canada.

She pointed to the global impact of her long-running spy serial 24, which scored a healthy international fanbase with its mix of political espionage and family drama.

"24 is what I can kind of relate to — that being such a worldwide success, it opened up the doors to do film (and was) useful in selling smaller films on an international scale," said Cuthbert, whose big screen vehicles have included The Girl Next Door, House of Wax and Old School.

"I do not underestimate the power of the world seeing the show and liking it and enjoying it because it does definitely make it a lot easier to go out and do other projects."

"The more countries we're in, the better all around."

Indications are that the foreign sales market is booming. Last month, Time Warner CEO Jeff Bewkes predicted his company would double overseas business in four years as its pay TV networks and shows become more broadly distributed.

And the most recent gathering of MIPCOM, an annual industry event in Cannes geared toward program sales to large European broadcasters, saw a growing prominence of digital platforms hungry for North American content.

Mad Men star Jon Hamm said he was astounded to learn of his show's reach when he went on a press tour last year to France and Germany.

"I think we're in something like 70 countries or something, I don't know the exact numbers but it was eye-opening to me because I was like, 'Holy cow, Turkey! Really? Awesome. Israel? Great,'" Hamm said during a recent stop in Toronto to promote a big-screen romantic dramedy, Friends With Kids.

"That's kind of the world that we live in obviously — that entertainment is global now.

"It's not specifically one territory or another, necessarily."

THE CANADIAN PRESS

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INTRODUCING SMART HOME MONITORING FROM ROGERS

Rachel Bilson pours Hart into new series

O.C. actress takes on new role as a big-city-to-small-town doctor ◆ One-liners and wisecraks not left behind

Rachel Bilson has a secret weapon while working on her new TV show Hart of Dixie: producer Josh Schwartz.

Schwartz, who produces Dixie, was also the creator and producer of the teenage soap opera The O.C., which made Bilson famous. And she has guest-starred on Schwartz's NBC comedy Chuck and he cast her in a different pilot for that network in 2010 that didn't get picked up.

Bilson says she's so close to Schwartz he's like family. He's even married to her best friend. (She introduced the couple.)

"We do work really well together and he's so talented and I trust him more than anything. Before I take a new project I usually call Josh and I'll be like, 'What do you think?'" she said.

"It's really nice to feel that comfortable jumping into something new, having him by my side."

Bilson is also more comfortable on Dixie because she's got more experience under her belt.

"The O.C. I started when I was 21. Now being 30 years old and working on a show it's just different... you know the drill and it's kind of nice to step into a role and a job that you're very familiar with."

On Hart of Dixie, Bilson

GETTY IMAGES

▶ Rachel Bilson

plays a driven New York City doctor named Zoe Hart who ends up moving to Alabama to work at a small town practice. It also stars Jaime King and Scott Porter of Friday Night Lights.

As Hart, Bilson delivers quick one-liners that are reminiscent of a trait that made her popular on The O.C.

She counts I Love Lucy as an all-time favourite show.

"It's really nice to feel that comfortable jumping into something new having him by my side."
RACHEL BILSON ON HART OF DIXIE PRODUCER JOSH SCHWARTZ

"If I can make people laugh it's my favourite thing. It's all I want to do," she said.

Bilson would like to push herself by taking on a period piece or a musical. As for musical talent, Bilson says: "I'm a little shy but I'm not tone deaf."

Hart of Dixie airs Mondays on the CW at 9 EDT.
THE ASSOCIATED PRESS

Off-screen style

Rachel Bilson is also known for her fashion sense.

- The actress pens a fashion advice column for In Style magazine and frequently makes best- dressed lists.
- "It's always kind of funny when people are like, 'Oh, people love your style.' It's just something that's natural for me. The fact that people like it is awesome."
- She's designed clothing and home ware for DKNY Jeans and Macy's and just co-launched a shoe e-commerce site.

DVD Releases

Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

The Tree of Life
Genre: Drama
Director: Terrence Malick
Stars: Brad Pitt, Sean Penn, Jessica Chastain
●●●●●
Think of it as a grand song, poem, prayer or even chant, but don't approach Terrence Malick's The Tree of Life as just another movie. It aspires to be far more than that, and it gloriously succeeds.

The film is nominally based around a troubled 1950s family in Waco, Texas, headed by an angry, disillusioned father (Brad Pitt), who is married to a sweet, naïve mother (Jessica Chastain). The O'Briens have three rambunctious sons, including elder lad Jack (bright new face Hunter McCracken), played as an adult by Sean Penn.

You also shouldn't expect a conventional narrative. The Tree of Life unfolds, rather, in a cascade of images that's closer to epic verse. In scenes ranging from the creation of the universe to an idyllic moment with dinosaurs on earth, Malick challenges the viewer to understand how humans — wrestling with nature versus grace — are just part of a much grander scheme.

▶ The Tree of Life

Malick's new masterpiece crosses the boundaries of the picture frame and heads straight for the imagination — a journey we all must take.

There are no extras in this DVD release, but talk persists of a future special edition. **PETER HOWELL**

Horrible Bosses
Genre: Comedy
Director: Seth Gordon
Stars: Jason Bateman, Charlie Day, Jason Sudeikis
●●● 1/2
Best buddies Nick (Jason Bateman), Dale (Charlie Day) and Kurt (Jason Sudeikis) just want to make a few bucks, get drunk and get laid. But they've all got horrible bosses who have driven them to desperate measures.

Dental assistant Dale is being sexually abused by his randy dentist boss, Dr. Julie, played by Jennifer Aniston, who has never been funnier. Kevin Spacey is truly hateful as psycho financier Dave, and Colin Farrell is hilarious as coke-snorting chemical heir Bobby.

But how should the put-upon wage slaves get rid of their loathsome overseers? Before you can say Mother—er, along comes murder

▶ Horrible Bosses

consultant Dean Jones (Jamie Foxx) to help them plot their dastardly deeds.

Director Seth Gordon and a trio of writers keep the viewer guessing about the ultimate outcome of the murder plots, no small feat in a laugher as broad as this one. (So much scenery is chewed you'd think the set was beset by a plague of locusts.) This isn't murder most foul, but most fouled up.
PETER HOWELL

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INTRODUCING SMART HOME MONITORING FROM ROGERS

The doc is in

The Prince of Darkness dispenses his own brand of medical advice Talks about his fear of germs

PAT HEALY
SCENE@METRONEWS.CA

Ozzy Osbourne may be the last person you'd turn to for medical advice or psychological counselling, but hundreds of fans have thought otherwise, as hard rock's most affable singer recently opened himself up to answering questions for his brand new book, Trust Me, I'm Dr. Ozzy.

The book is a perfect mixture of this bat-chomping tongue-in-cheek answering and sincere advice from one who has gone off the rails on a crazy train and lived to tell about it. But one thing Osbourne usually defaults to, in both conversation and in the book, is the phrase, "Go see a f—ing doctor!"

After reading your first book, I Am Ozzy, last year, it was amazing to watch the transition from somebody who spent a lot of time talking about feeling so alienated growing up to somebody who is comfortable dispensing medical advice to the masses.

I don't prescribe things to do with medication, or whatever. It's basically common sense. For instance, one guy wrote in and said, "I've just been prescribed this medication, and it says, 'Avoid alcohol when taking this medication,'" and he goes, "What should I do?" … I say, "Well, either you're a dummy or you do what the bottle says!" … Most of it is common sense, but every now and again people go, "I can't tell the doctor about this, he'll think I'm stupid." That's what they're there for!

Maybe it's the anonymity of writing to Dr. Ozzy?

Yeah, but the doctor isn't gonna go, "Oh, we've got one here who has got a pimple on his butt the size of … a dollar bill! Come on in here!" Doctors have seen far more crude things than I ever have and ever want to.

How do you decide when you're answering these questions if you're going to be silly or serious?

It depends on the question. … One guy goes "I'm constipated. I can't go to the bathroom." I just go, "You wrote me asking me about your constipation. If nothing works, you should really go to your doctor."

In this book, there is definitely a lot of stuff about, how did you phrase it? Going to the bathroom.

Oh yeah. I suppose the general public has a fetish with sh—.

There are points where the advice skews on the heavy side, like where somebody wrote in about mourning the death of a friend.

Well, that guitar player of mine died, Randy Rhodes. Grief is very weird. People go through it differently. You think of grief as feeling sad.

That is just one part of it. [My wife] Sharon and I at the time had an emotional blockage for a while. Sharon couldn't listen to a record, and acted like it never happened. … I strongly advise therapy. Being the alcoholic guy that I am — I was in rehab — and I know that you might mourn the loss of your best friend with alcohol. It's a process. … You drink alcohol as a medication, some people do, because you numb the feelings.

I was surprised to learn how much of a hypochondriac you are.

Oh, I'll catch a disease off the TV. If you scratch your nose more than once, I'm sitting there scratching my nose.

GETTY IMAGES

▶ Ozzy Osbourne has opened up to answering medical questions in his brand-new book, Trust Me, I'm Dr. Ozzy.

Ask the doctor

I thought I'd pose to Ozzy the same questions that were also asked to therapsie and columnist Jonathan Alpert. Try to guess who answered what.

▶ Is it normal that my cat is my best friend?

A) No, but if your cat is your best friend, great. He won't steal from you. He won't rip you off.

B) Depends. If your friendship with your cat prevents you from developing human ones, then no, it's not normal.

▶ Is it normal that I forget peoples' names and often can't remember where I parked my car?

A) Yes, it's normal. If, though, it's happening more and more then see your doctor. Stress can lead to forgetfulness. Do your best to manage it and stay organized.

B) My short-term memory is terrible. I'll go, "I put my watch down here, where … did I put my watch?" Or if I'm holding something I'll go, "Where did I get this … brush?" And I'm holding the f—ing thing.

Answers: 1) A=Ozzy, B=Alpert 2) A=Alpert B=Ozzy, obviously

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Lights sheds lustre

Juno-winning singer takes gritty approach to sophomore album

The synth-pop songbird known as Lights — whose career began with a charmed run that included a gold-selling debut and a Juno statuette — has had to go to battle over the content of her second record, Siberia, released this week.

The gritty CD represents a departure for the Timmins, Ont., native, whose past catalogue was as scrupulously polished as a politician's image. Her U.S. record label declined to release the album (it will come out on indie Last Gang Records south of the border) and some fans were turned off by the transformation, but Lights beams with pride as she discusses her artistic evolution.

"It's a weird place to be when you're making a second record," she said this week in an interview at a Toronto rock club.

"For me, it was kind of a make or break situation, because it's like, am I either going to give people the same thing and establish that that's what I'm going to do for the rest of my life, or try something completely different and maybe shake it up a little bit but make a record I really love.

"It was a scary place to be. I had to shed all those expectations of the way that I — and other people — wanted it to sound."

And, of course, fiddling with that formula was so scary primarily because the old mixture seemed to be working.

Lights — nee Valerie Anne Poxleitner, but she changed her legal name to reflect her luminescent handle — began making a name for herself years ago in her adopted home of Toronto, combining her fluttering voice and slick keyboards for a series of radio-ready, feather-weight pop ditties.

PATRICK DOYLE/THE CANADIAN PRESS

▶ Lights' second album, Siberia, is less polished than her first, according to the singer.

She won the Juno Award for best new artist before she'd released her first full-length record, a harbinger of the success she would have later in 2009 when her debut album, The Listening, finally did hit shelves. It was a hit in Canada, peaking at No. 7 on the chart, and also drew ears in the U.S. and U.K.

Critical reaction was more mixed. Some of the positive notices featured a subtly condescending streak — highly respected website All Music compared her to a "Daft Punk-junior dorm room chanteuse" — while others tore into Lights with glee, with NME calling the album "utterly un-listenable" and awarding it a two out of 10 review score.

While Siberia wasn't intended as a bid for critical acclaim, Lights knew she wanted to present something with less polish.

"The last record was perfect — I'm not saying it was perfect music, but the production (was)," she said. "Everything was in line, everything was tuned, everything was perfect. It was smooth and beautiful.

"But the new record is imperfect. It's gritty, and it's raw and a lot of it is live."

THE CANADIAN PRESS

Hank has his say in song

Williams Jr. writes new verse to his Are You Ready For Some Football? theme in reaction to it being dropped from Monday Night Football

Hank Williams Jr. is about to have his say.

Williams' has cut new song I'll Keep My ..., calling out Fox & Friends and ESPN after an interview last week on the Fox News talk show led to the end of his association with the sports network and Monday Night Football, long home to his Are You Ready For Some Football? theme.

He's also scheduled to appear on The View and Hannity on Tuesday to discuss the uproar that sprung up after he made an analogy that President Barack Obama and House Speaker Rep. John Boehner golfing together was like Nazi leader Adolph Hitler and Israeli Prime Minister Benjamin Netanyahu playing a round.

ESPN decided to pull Williams' intro from last Monday's MNF telecast after the comments and the move became permanent Thursday when both sides said they'd decided to pull the spot. Williams wrote the topical third verse of I'll Keep My ... when he woke up Friday morning and he and a group of players laid it down in a Nashville studio by Friday afternoon. It could be on iTunes late Monday or early Tuesday. In the song Williams, son of country music icon Hank Williams, says Fox & Friends hosts twisted his words: "So Fox 'n Friends wanna put me down/Ask for my opinion/Twist it all around." He finishes the verse: "Well two can play that gotcha game you'll see."

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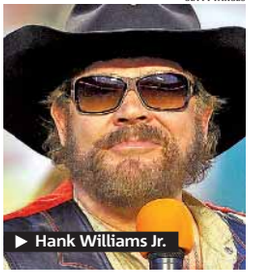

▶ Hank Williams Jr.

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Harry turning heads in Cali

British prince creating some buzz during his trip to The Golden State

Prince Harry has been in California less than a week and he's already turned heads on two separate outings, according to People magazine.

First, the prince hit up McP's Pub in Coronado, Calif., for a burger and a beer with some pals.

"He was very personable. He was a nice guy, very low-key," the bar's manager tells the magazine.

"A couple of girls wanted to take pictures but they said no."

Also over the weekend, Harry and about 20 friends hit the rooftop lounge at the Andaz Hotel in San Diego, where they caroused and watched the Rugby World Cup in a private cabana.

METRO

DAVID PARKER, WPA POOL/GETTY IMAGES

▶ Prince Harry

Rowland was tired of 'little nuggets'

Singer Kelly Rowland is opening up about her decision four years ago to undergo breast augmentation surgery after growing tired of having "little nuggets for boobs," she tells Cosmopolitan UK.

"The decision was 10 years in the making, so I'm comfortable talking about it," she says.

"It's something I really wanted to do for myself — not for a man, not for work, for myself. And I love them."

METRO

Kelly Rowland

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Celebrity tweets

@MissKellyO

i have no idea how i did it but somehow woke up with my make up still perfect from last night! guess thats 1 thing

@simonpegg

Do we download certain info to the active parts of our brain each day post sleep? Every morning I get excited about the existence of coffee.

@Cher

Meantime I'm having big Girl party at my house! 7girls ! Eat'n Hysterically Laughing! Then downstairs 2 theatre watched Agora & played xbox

@SteveMartinToGo

"Protesters pepper sprayed" phooey. Actually, in finer restaurants in New York, "pepper milled."

KEVIN WINTER/GETTY IMAGES

▶ David Boreanaz

Boreanaz comes to terms with his demon

David Boreanaz is looking on the bright side when it comes to the affair he admitted to having with Rachel Uchitel in 2010, calling the aftermath of his infidelity "a bonding experience, in the long run," according to TV Week.

"In a sacred ground like marriage, you find yourself out of it at certain times for reasons unknown that can be destructive," the Bones star explains.

"There could be a demon that kind of comes out and overtakes you."

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Brainwave scanner offers cheat-proof concussion test, aimed at sports leagues

The smoker vs the breathing guru

Can Alan Dolan, who believes in the power of breathing-as-healing, help our habitual smoker? We send her to a 'breathwork' session

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Karin Wertemberg is a 26-year-old who has smoked five cigarettes a day for the last three years. She's tried quitting five times before but it didn't stick. Her habit has left her gasping for air when she walks up the stairs, although she considers herself otherwise healthy. So we sent her to Alan Dolan, a "breathing guru" who claims his "breathwork is a powerful and safe way to infuse the body with much needed oxygen and energy thereby enabling our own (often depleted) healing systems to bring about physical, emotional and/or psychological healing." Maybe he can help her breathe better.

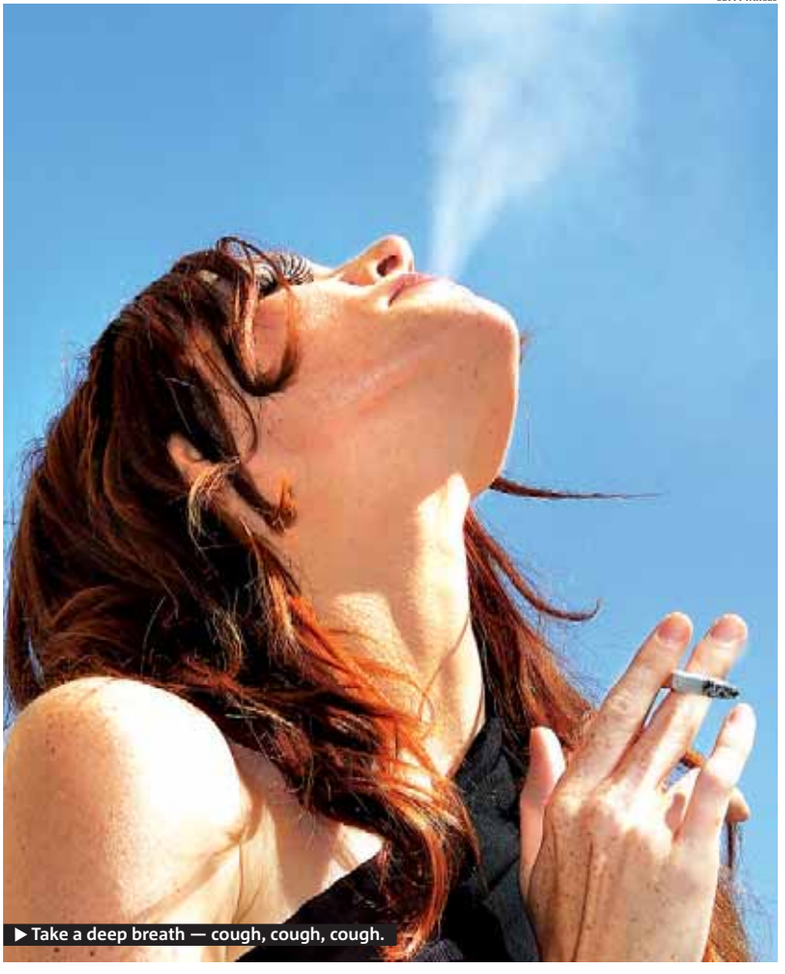
Wertemberg had this to say about her session:

"Alan started by loosening up my back, which felt great. Then I started to feel this tinkling feeling. It started somewhere around the upper chest, going out in the arms and made my head feel really dizzy. For a brief moment it was like I was on the verge of having an anxiety attack. It was like I couldn't breathe, or like having too much wine in one go. The sensation moved out through the arms and into hands and fingers. I could definitely feel some energy flow going around, which was quite scary. Apparently, it was all my own doing. I was told to hold my hands on the lower abdomen, keep my mouth open and inhale deep to inflate the lower tummy like a balloon, then release.

It was hard to keep the breathing constantly flowing and effortlessly let the air out quickly. The breathing helped me relax and unblock tension in the body. Once it was over I felt relaxed and had a greater sense of center and focus. But the next day I didn't feel much different. I feel no change whatsoever in my lungs.

I've smoked a bit less since the session, possibly because (of) the guru."

GETTY IMAGES



▶ Take a deep breath — cough, cough, cough.

What kind of breather are you?

If you ever took a science class, you know that breathing is an exchange of gas.

Cells use oxygen as fuel, expelling carbon dioxide as waste.

But there's a trick to doing it right, claims Alan Dolan, the breath guru.

"The key is to breathe deeply into the abdomen using the diaphragm to expand breath," he says.

Among the physical benefits is upping our breathing rates to 70 to 80 per cent and it delivers more oxygen to the lungs, improves energy levels, boosts the immune system and reduces stress.

"Most of us breathe in a disconnected fashion. We inhale, pause; exhale, pause. There should be no pauses, breath should flow," explains Dolan.

Once we get our breath flowing, we experience a change in the body's energy.

"Some 80 per cent of our energy comes from our breath."
ALAN DOLAN, BREATH GURU

Our breath can become synchronized via entrainment, a basic physics theory.

When there are two or more frequencies (breath) in the same area, the lower frequency matches the higher increasing the body's vibrational energy.

What type of breather are you?

Breathing through your upper chest agitates the autonomic nervous system and abdominal breathing relaxes it.

"Eighty per cent of people breathe through their upper chest, 20 per cent through their bellies," says Dolan.

"Upper chest breathers take in shallow breaths using their shoulders rather than diaphragm and are more likely to be anxious or stressed. Belly breathers don't go far up enough into the ribcage and upper chest."

The key to avoiding energetic imbalance is to be somewhere in between.

ROMINA McGUINNESS

Talk therapy for epilepsy

Treatment seeks to identify the individual triggers for the seizures
Follow the story of one sufferer

CELIA MILNE
LIFE@METRONEWS.CA

Trevor Park had his first seizure at age 13 on the way to a Toronto Maple Leafs hockey game. Seizures are scary — they come suddenly and can make people with epilepsy thrash so violently that they hurt themselves.

All through his teens and early 20s, Trevor continued to have seizures. He was taken to umpteen medical appointments and prescribed one drug after another. He once told his parents that he felt like a science experiment.

As Trevor grew older, he became self-destructive, doing things that he knew triggered seizures — drinking, partying, driving dangerously and working late shifts.

"The low point," his mother Ellen Novack, from Thornhill, Ont., tells Metro, "was when he was drugged 16 hours a day and had no quality of life."

Unable to find a workable solution in Canada, the family travelled to the Andrews-Reiter Epilepsy Research Center in Santa Rosa, California. Trevor was able to climb out of the darkness of his disease, thanks to a novel approach to epilepsy developed by Donna Andrews, a PhD in neuropsychology and Dr. Joel Reiter, a Harvard-educated neurologist.

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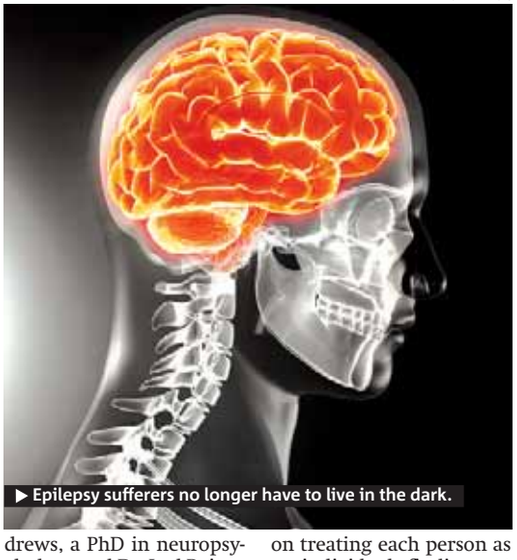

▶ Epilepsy sufferers no longer have to live in the dark.

The approach is based on treating each person as an individual, finding out where the damage is, identifying the triggers, and teaching them ways to bring seizures under control.

"What the patient thinks, feel and does has everything to do with his or her seizure," explains Andrews.

For instance, if patients have damage in the left temporal lobe where language is stored, they are under pressure for having a seizure when trying to communicate something important; they get overloaded very quickly.

If they know that, they can put it in writing first and discuss it when the pressure is off.

"Vicious cycles have to be broken," she says. "This is what empowers them."

Trevor, now 26, is seizure free and working in sales.

"He has the tools to control his epilepsy and it will be his decision if he is compliant or not," says Novack.

She and Park are hosting a conference starting this Friday, Oct. 14 at the University of Toronto, to promote the innovative epilepsy treatment that helped their son.

For more information, visit epilepsyconference.com.

Just the facts

Here are some true and false points from Epilepsy Canada.

- **True** Epilepsy affects about 0.6 per cent of the Canadian population.
- **False** Someone having a seizure can swallow his or her tongue.
- **False** If you see someone having a seizure, you should restrain them.

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Professionals face life crisis

Dr. Mehmet Oz speaks to Metro about a health issue affecting the young white collar class Get connected

MEREDITH ENGEL
LIFE@METRONEWS.CA

Dr. Mehmet Oz takes some time away from filming season three of The Dr. Oz Show to answer one big question for us.

What do you think is the biggest health crisis facing young professionals?

There's no question that there's a massive problem with loneliness. And I know that sounds like a weird first step. I could have picked obesity, which is a huge problem among the young but less so than it is as you get older. And I could have picked stress, but I think the main reason stress is such an issue for so many young professionals is because of loneliness that so many feel. And I think social networks have attempted to bring back the connections, but I don't think (they've) really addressed it like (they need) to. What helps us make sense of suffering and discomfort is the people in our lives. They define our lives. And so if you're a young professional in America and you're having difficulty connecting, then you have less of a social network that supports you as these crises points hit us. Loneliness is across the globe a big issue. And I think, especially for the young generation, they're going to have to find those tools (to fight it.) It's not going to come through social networks by itself. It's going to take more than that.

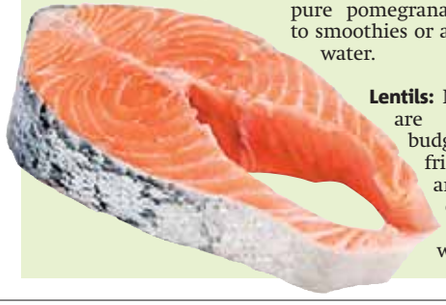
▶ Dr. Mehmet Oz

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

Four foods that fight breast cancer There are some 23,000 new cases of breast cancer in Canada each year, but what you eat can be an important tool in lowering your risk. Here are some examples, rounded up by registered dietitian Matthew Kadey.

Mushrooms: A recent study found that higher mushroom intake by premenopausal women resulted in a lower risk of breast cancer. Add them to scrambled eggs and stir fries, and chop them finely and add to ground meat for burgers or meatloaf.



Pomegranate: The seeds (also called arils) are high in ellagic acid, an antioxidant that may help inhibit breast cancer development. You can garnish oatmeal or rice with the seeds, or add pure pomegranate juice to smoothies or a glass of water.

Lentils: Not only are these budget friendly and really easy to cook with, they are loaded with folate, fibre and lots of other nutrients that may help stave off breast cancer. Try them in tacos, or toss them with pasta and chopped fresh vegetables for an easy weeknight dish.

Salmon: It's one of the few foods to contain vitamin D in significant amounts, and researchers from Mount Sinai Hospital in Toronto determined that an increased intake of D is associated with a lower risk of developing breast cancer.

Make tonight's dinner a quadruple disease-fighting punch: Grill a salmon steak and have it with a lentil-pomegranate-mushroom stir fry on the side.

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This study is under the supervision of Dr. K. Chapman at Inspiration Research Limited

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Re-thinking how we view prostate cancer

New advice against routine prostate test challenges dogma on early detection Met with major criticism

BRUCE POWELL/THE ASSOCIATED PRESS

Opinion is divided on a new prostate cancer study paper.

Men finally may be getting a clearer message about undergoing PSA screening for prostate cancer: Don't do it. They may not listen. After all, the vast majority of men over 50 already get tested.

The idea that finding cancer early can harm instead of help is a hard one to understand. But it's at the heart of a U.S. government panel's draft recommendation that those PSA blood tests should no longer be part of routine screening for healthy men.

The U.S. Preventive Services Task Force examined all the evidence and found little if any reduction in deaths from routine PSA screening.

But it did conclude that too many men are diagnosed with tumours that never would have killed them and suffer serious side effects from resulting treatment.

THE ASSOCIATED PRESS

Controversial

The new advice is sure to be hugely controversial. Already some doctors are rejecting it.

Goes further That recommendation isn't final — it's a draft open for public comment. But it goes a step further than several major cancer groups, including the American Cancer Society, which urges that men be told the pros and cons and decide for themselves. But most major doctor groups agree that they need a better job of figuring out who would benefit from PSA screening and preventative maintenance.

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METRO CUSTOM PUBLISHING

CLINICAL TRIAL HAS SURPRISING RESULTS

CONSUMPTION OF femMED BREAST HEALTH SUPPLEMENT SHOWS PROMISE IN REDUCING CANCER RISK

It's a little known fact that more than 90 per cent of breast cancer cases are closely associated with estrogen.

"The most enlightening thing that I have learned through this whole journey is that more than 90 per cent of breast cancer cases are closely associated with estrogen dominance," says Shawna Page, founder and CEO of femMED.

"In fact, only five to 10 per cent of breast cancer cases are thought to be hereditary. When I have asked women about breast cancer and their risk, I often get the response that, 'Ooh well it doesn't run in my family so I probably won't get it,' or 'No one in my family has it so I feel pretty safe.' But when I tell them that more than 90 per cent of breast cancer cases have absolutely nothing to do with genetic makeup, their mouth drops to the ground."

A Health Canada approved clinical trial was conducted on premenopausal and post-menopausal women using a nutritional combination of ingredients known as femMED Breast Health. Researchers were pleasantly surprised to discover consumption of the femMED Breast Health supplement suggested a risk-reducing effect in those subjects compared with the placebo group.

"With breast cancer affecting one in eight women, we are excited by the clinical trial results and the groundbreaking potential of such a unique and essential formula," says Dr. Maggie Laidlaw, director of clinical trials at Nutrasource Diagnostics. "Women now have access to a formula which could help them reduce their risk of estrogen-dominant abnormal breast cell growth."

femMED is a formulation comprised of six botanicals and vitamin D3. "There has been a substantial amount of media attention played on vitamin D and its role in cancer prevention. It is a key ingredient in this formulation along with the other botanicals," says Page. This combination has been on the market for more than four years and has proven to be extremely safe and effective.

WOMEN'S HEALTH SUMMIT

WHAT: femMED is sponsoring The Women's Natural Health Summit, moderated by Dr. Bryce Wylde, host of CP24's Wylde on Health, and will feature the following Toronto-based experts in women's health:

- Dr. Alvin Pettle, MD Integrative Medicine
- Sherry Torkos, Registered Pharmacist, Author, Health & Fitness Expert
- Kelli Young, Occupational Therapist, Couples and Sex Therapist

WHEN: Nov. 8, from 7 p.m.-10 p.m.
WHERE: University of Toronto, Earth Sciences Centre
Tickets available at ticketweb.ca

women's natural HEALTH SUMMIT

Hosted by Dr. Bryce Wylde of CP24's "Wylde on Health"
Tuesday, November 8, 2011 at the University of Toronto
For more information visit: www.femmed.com

Learn from the experts about heart health, hormonal balance, sex & libido and discover the latest breakthrough in breast health!

The results of the Health Canada approved clinical trial on a breast health supplement and its ability to promote healthy estrogen balance and protect breast tissue from abnormal cell growth to be unveiled.

THE EXPERTS:

Dr. Alvin Pettle – *MD Integrative Medicine*
Sherry Torkos – *Registered Pharmacist, Author, Health & Fitness Expert*
Kelli Young – *Occupational Therapist, Couples & Sex Therapist*

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Chuck seriously knows meat

This burger joint is a mecca for meat lovers The menu is packed with meaty combinations with quirky names like 3rd Little Pig and Mad Cow

LUNCH RUSH

STEPHANIE DICKISON
FOOD@METRONEWS.CA

STEPHANIE DICKISON

Holy Chuck Burgers only offers one burger with a single patty.

Its menu will incite laughter and occasionally, swears. After all, when's the last time you saw a six-patty burger on a menu and cheeky names such as 3rd Little Pig, Grind n' Shine and Mad Cow?

A meat-lover's mecca, Holy Chuck Burgers provides the diner an insane amount of burger — only one item offers a single patty. Diving into its signature Holy Chuck ($9.99) and The Greek Bahahastard ($9.99) means consuming four patties. Plus, fries and a shake (add $9.99).

You'd think it would be gross, but other than bloody and greasy, the fresh-ground beef, pork and lamb are surprisingly light. It's the bacon, cheese, fries and shake (I choose Bacon, Fudge & Sea Salt) that strains against my waistband.

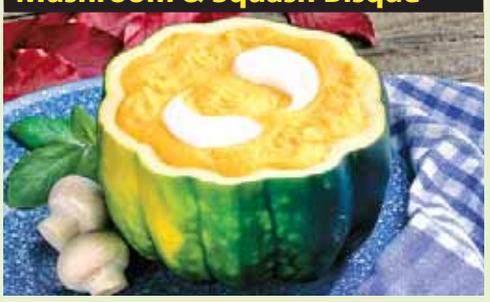
Chewing my sweet, meaty, salty shake, I appreciate the fun and novelty of the place, but I couldn't do this for office lunch.

However the lineups say differently.

Holy Chuck Burgers
1450 Yonge St. (at St. Clair)
416-96-CHUCK (24825)
holychuckburgers.com
Reservations: No
Licensed: No
Co-worker lunch: Yes
Social lunch: Yes
Rating: 4 out of 5

NEWS CANADA

Mushroom & Squash Bisque



Preparation:

1 In microwaveable bowl combine butter, onion, carrot, mushrooms and squash. Cover; microwave high, 10 mins. or until vegetables tender, stirring once. Transfer half vegetables and half broth to blender; purée until smooth. Repeat with remaining vegetables and broth. Return to bowl; stir in milk and microwave on high 7 mins. or until heated through. Garnish with sour cream swirl and basil. NEWS CANADA

Ingredients:

- 1 tbsp (15 mL) butter
- 1 cup (250 mL) each chopped onion and carrot
- ½ lb (250 g) sliced fresh white mushrooms
- 2 cups (500 mL) peeled, cubed squash
- 3 cups (750 mL) chicken broth
- 1/2 cup (125 mL) evaporated milk
- ½ tsp (2 mL) salt
- Garnish: Sour cream and basil leaves (optional)

MATTHEW MEAD/ THE ASSOCIATED PRESS

This chili serves six.

Spicing up traditional chili

Chilly fall evenings are a fine time for a spicy bowl of chili. And if it can be thrown together with minimal fuss and time, all the better. This recipe takes 30 minutes to make.

Preparation:

1 In a large saucepan over medium-high, heat oil. Add paprika, chili powder, cumin, oregano, garlic powder and cinnamon. Cook, stirring constantly, for 30 seconds. Add beef and cook until browned, about 6 minutes.

2 Add apples and onion, then sauté for 5 minutes. Stir in tomato paste, broth and vinegar, then bring to a simmer. Cook, uncovered, for 10 minutes. Season with salt and pepper. THE ASSOCIATED PRESS

Ingredients:

- 30 ml (2 tbsp) olive oil
- 15 ml (1 tbsp) smoked paprika
- 10 ml (2 tsp) chili powder
- 10 ml (2 tsp) cumin
- 10 ml (2 tsp) dried oregano
- 10 ml (2 tsp) garlic powder
- 5 ml (1 tsp) cinnamon
- 1 kg (2 lb) ground beef
- 2 large cooking apples, peeled, cored and diced
- 1 large yellow onion, diced
- 1 can (156 ml/5 1/2 oz) tomato paste
- 750 ml (3 cups) chicken broth
- 30 ml (2 tbsp) cider vinegar
- Salt and ground black pepper, to taste

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Dr. Pepper: Secret to great sauce

Pork tenderloin uses the soft drink in its barbecue sauce as a sweetener ● Fire up the grill for a last go

Ingredients:

Sauce

- 60 ml (4 tbsp) butter
- 1 yellow onion, chopped
- 4 cloves garlic, chopped
- 250 ml (1 cup) ketchup
- 45 ml (3 tbsp) tomato paste
- 1 can (355 ml/12 oz) Dr. Pepper soda
- 125 ml (1/2 cup) cider vinegar
- 75 ml (1/3 cup) Worcestershire sauce
- 125 ml (1/2 cup) packed brown sugar
- 10 ml (2 tsp) ground ancho chili powder
- 5 ml (1 tsp) white pepper
- 5 ml (1 tsp) kosher salt

Tenderloins

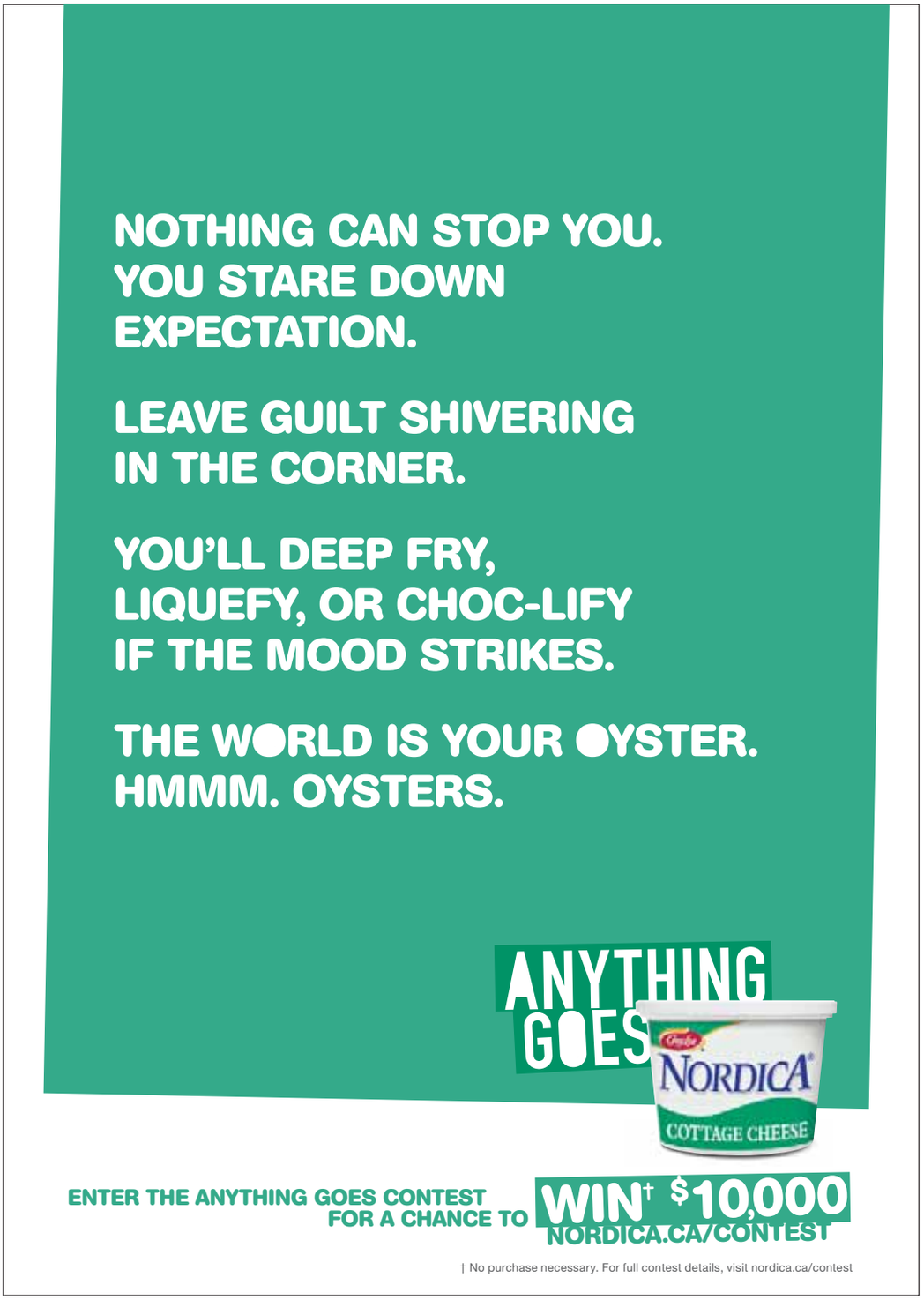
- 2 pork tenderloins (650 g/1 1/3 lb each)
- Olive oil
- Kosher salt
- Freshly cracked black pepper or your favourite barbecue rub

Preparation:

1. In a heavy saucepan over medium-high heat, melt butter. Add onion and garlic and sauté until translucent, about 10 minutes. Add remaining sauce ingredients and simmer for about 15 minutes. Continue cooking until sauce begins to thicken, about another 20 to 30 minutes. Taste and adjust seasonings with salt and pepper.
2. Let sauce cool for about 10 minutes or until it is warm but no longer hot. Using an immersion or traditional blender, purée sauce. Let cool and, if not using immediately, pour into a clean glass jar. The sauce can be made in advance and refrigerated for 2 weeks.
3. To grill pork, heat grill to medium.
4. Wrap tenderloins in paper towels to remove any surface moisture. This will help you to get great grill marks. Brush dry meat with olive oil, then season with salt and pepper. Place meat directly over heat to sear. Grill for 2 to 3 minutes, turning once or twice, or until you get good grill marks.
5. Switch to medium indirect heat and move meat to centre of cooking grate and cook for 30 to 35 minutes total, turning once during cooking and brushing with barbecue sauce every 5 to 7 minutes until tenderloins are done and sauce has created a glaze. Using a meat thermometer, make sure the tenderloins read 63 C (145 F) at the thickest part.
5. Remove tenderloins from grill, let them rest for 5 to 10 minutes, then slice on the bias. THE ASSOCIATED PRESS/ELIZABETH KARMEL (GRILLING AND SOUTHERN FOOD EXPERT AND EXECUTIVE CHEF AT HILL COUNTRY BARBECUE MARKET RESTAURANTS, AND AUTHOR)

MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ This recipe serves six.



DEAF OR NOT, CONFIDENCE IS THE KEY TO PICKING UP

Dear Andrea and Claire, I'm a good-looking deaf man who enjoys going to pubs and nightclubs. I can't hear or speak clearly, but I can read lips fairly well. Very few women I meet know sign language, but I don't only look for someone who can. When I go out, I get attention from women, but I'm not able to ask them for a dance or offer to buy a drink. Do you think that women are afraid to talk to deaf men? Deaf Romeo

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Claire: Dear Deaf Romeo,

You sound like you have something that many hearing men don't, and that is courage.

Most of the population finds it hard to meet people in pubs and nightclubs — these are loud, noisy places that don't necessarily bring out the best in people.

Why not try and meet someone while you're doing something you love?

Not only will you increase your chances of meeting a woman with whom you have something in common, but she'll see you at your best, and as an expert at something.

Your deafness may not seem so important once she's seen how well you bowl/rock-climb/paint ...

Please write to us again and let us know how it goes!

Andrea: Dear Deaf Romeo,

In my experience with the male pick-up artist, appearances and even personality do not determine success.

Deaf or not, the main reason guys fail miserably in meeting women is often due to a lack of confidence.

Guys who are assertive usually get the girl.

And don't forget that a lot of the communication between a man and a woman is transmitted wordlessly.

So perhaps you need to look at how you see yourself — are you as confident as you would like to be perceived, and how much of a handicap do you see your deafness being?

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

Date Night

▶ Forget about an island resort. Instead, try a fancy hotel in your own city.

Ideas for your next date

1 Dive in!
Can't afford a fancy beach getaway? Pretend at a local hotel. Fancy yourself at that exclusive couples resort by booking a pool day pass at a high-end hotel in your city. Swim, sip cocktails, smooch. Repeat.

2 Make a song together
Write your own sweet tune. You don't have to be John Lennon and Yoko Ono to enjoy this date night idea. Borrow a friend's guitar or keyboard and pluck away at a mushy song that speaks to your special love.

3 A ducking good time
Pick up a loaf of bread at the store and head to your local park to feed the ducks. Your partner's inner child will be out quicker than you can say "quack"! Also cool: This feel-good date costs next to nothing.

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DOWN RE: PAYMENTS?

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Saving for a down payment in a chequing account or hiding cash in a safety deposit box are counterproductive; they earn little to no interest and are too easy to dip into. The best approach is to start saving well in advance using savings vehicles that earn interest, but don't put your funds at risk.

Start thinking about how much you'll need for a down payment. Experts recommend having at least 20 per cent of the home's value. Financial institutions will accept less than 20 per cent down payment but, you'll pay a premium for an insured mortgage through Canada Mortgage and Housing Corporation (CMHC). Check out the insurance rates at cmhc-schl.gc.ca.

Let's say you plan to buy a $200,000 home in three years and you'd like to save 20 per cent down payment, or $40,000. There are two savings approaches: first; invest regular monthly amounts by having money automatically transferred from your bank account on payday; or second; invest lump sums each year.

Saving monthly works well when you've got a fixed budget. In this example, you'd need to tuck away $1,111 per month for 36 months. Saving in lump sum contributions works well when you receive annual bonuses, tax refunds, etc.

Unfortunately there's no easy way to save for a down payment. It takes hard work, determination and frugal living. But, the act of saving helps you form healthy financial habits which you'll need once you're a home owner.

Find security in cash

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

With the Canadian market officially in bear territory last week, down 20 per cent for the year, and global markets not far behind, many investment statements are looking pretty ugly.

Where on earth can we find a safe haven to ride this one out? I have one. Cash.

Having a portion of your portfolio in cash investments, like GICs, offers a guaranteed return that helps keep your portfolio afloat. Inside a TFSA or RRSP you won't pay tax on the income.

Because rates are so miserably low it pays to comparison-shop. For example, at my bank brokerage the best rate for a one-year GIC issued by the bank was 0.9 per cent last Friday. But there's a little known alternative called third-party GICs.

They are issued by other financial institutions such as credit unions and also available through your brokerage. The top one-year rate I found was 1.75 per cent for an AGF Trust GIC. There is less difference for longer maturities like three and five years.

Treat GICs as a fixed term investment and plan to hold them until they mature, otherwise you will loose some or all of your interest. There are cashable GICs but they offer lower interest rates.

Another option I really like is the only Canadian money market exchange traded fund (ETF.) ETFs are investment products — not mutual funds — that simply track an index. They are cheap and transparent.

ISTOCK

▶ Alison's money rule: In times of turmoil a guaranteed return is something to love.

The Claymore Premium Money ETF is listed on the Toronto Stock Exchange, ticker symbol CRM, and has a management fee of just 0.25 percent.

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The current yield on CRM is about 1.1 per cent. Not as good as you'd get from a locked-in GIC but you can make small purchases monthly and the yield will rise in lock step with rates. If you need more information, call Claymore, 866-417-4640.

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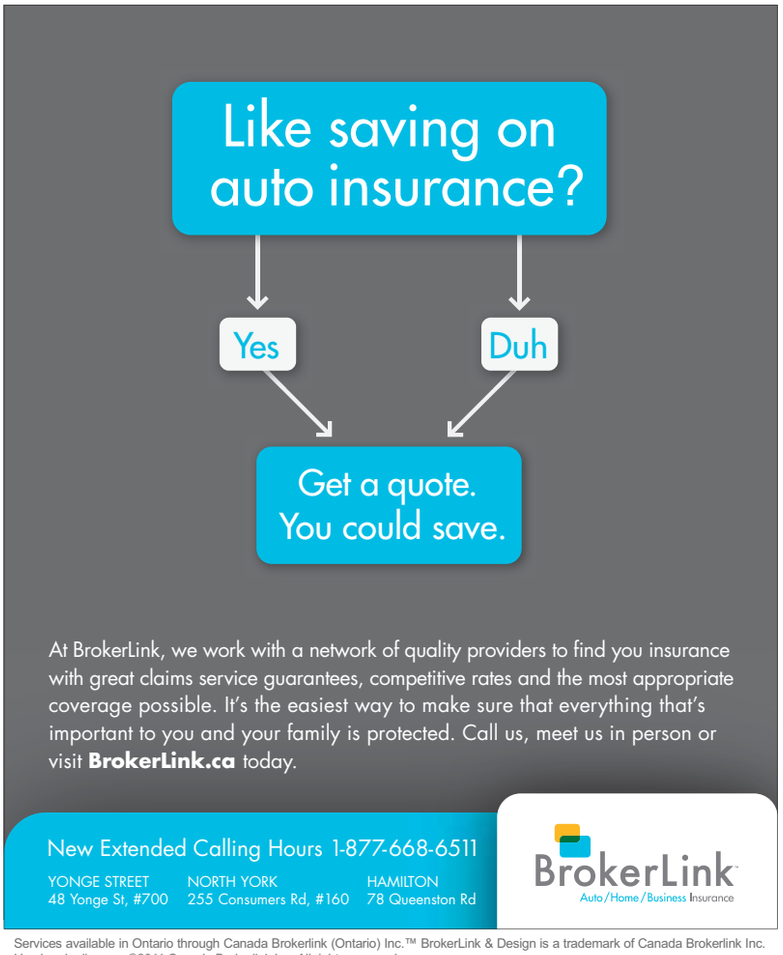
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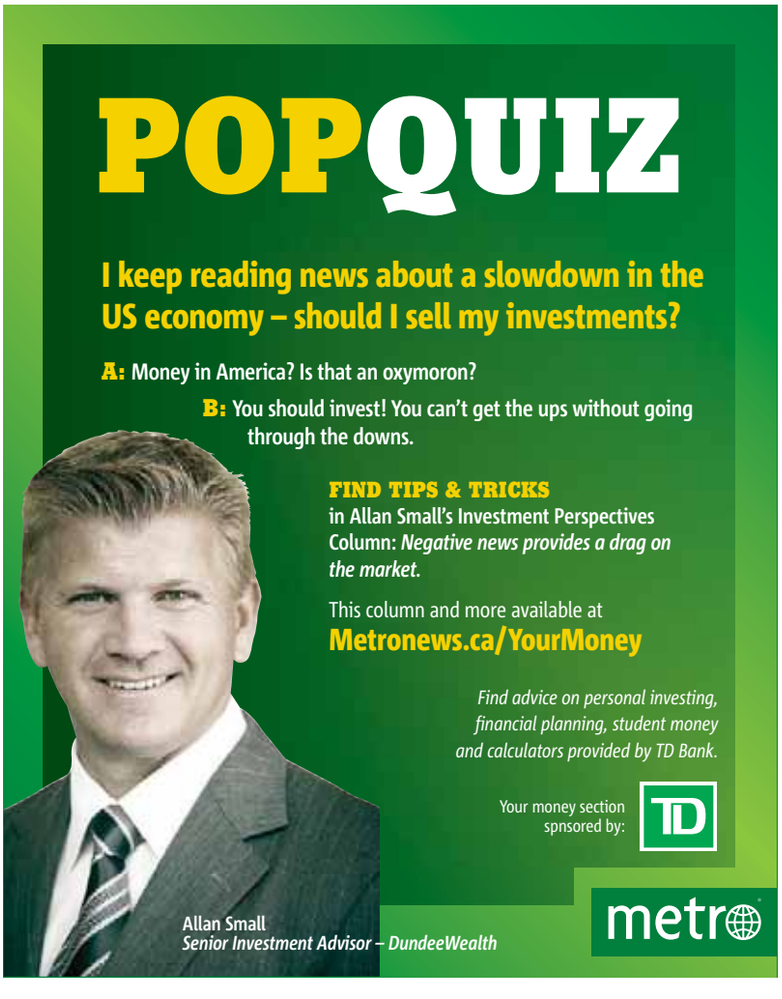
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THE CURIOUS CASE OF THE MISSING EMPLOYEE

Recent trial shows that making premature assumptions about a worker's whereabouts can be costly

WORKPLACE LAW

DANIEL LUBLIN
DAN@TORONTO-EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN

ISTOCK

▶ Is that desk still empty? The worker in question may not be coming back, but employers must be absolutely sure of this before proceeding with a dismissal.

He is the human resources department's biggest nightmare and he works at just about every large company across the country. He is the sick employee that may never return to his job. And his workplace legacy just got a lot larger.

Paul Pereira earned a position as a senior employee. But he had a problem that ultimately cost him that job.

Pereira, the general manager at a Staples Business Depot in Nanaimo, B.C., suffered from depression and a drug addiction. After stints on the company's disability insurance plans, Pereira entered a treatment facility for his addiction hoping to return to work once he finished the program.

When Staples learned that Pereira intended to return, it told him not to go into his store until the staff could first be notified.

Pereira agreed although he did not let Staples know where he could be found when he returned to Nanaimo a few days later.

Since it could not find him and still had not heard from him in a few days, Staples wrote to Pereira telling him that it "assumed" that he had abandoned his job.

Believing that he had been fired and that Staples would not reverse its decision, Pereira did not bother to contact Staples to dispute its assertion that he abandoned his job. Instead, he decided to get a lawyer.

At a recent appeal, Staples argued that the final letter it sent to Pereira called for his response if he truly intended to return to his job and because he just ignored it, he must not have cared. However, the court disagreed. It was unreasonable for Staples to conclude that Pereira did not want to return since he had been late for only a few days and because he previously expressed a desire to return to his job. Accordingly, Pereira did not abandon his job. Instead, he was wrongfully dismissed.

This finding has broad implications as employers struggle to address the difficult situation where an employee is deemed fit to return to work but he has not yet returned.

According to this case, assuming the employee no longer wants to return can be tantamount to a termination.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.

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Don't fool with the photocopier

Some manners around machinery

In her new book, How to Behave, Caroline Tiger spells out appropriate ways to handle a wide range of every-day scenarios, from carrying an umbrella in the city to saying "I love you."

While her playfully proper tone certainly contributes to the book's subtle humour, part of the fun is realizing just how ill-equipped we humans are at navigating the most mundane of tasks with the slightest bit of poise and class.

Case in point: her photocopier etiquette rules, which we're excerpting here — are violated almost hourly.

Tiger's rules:

1. Never leave the copier without first attending to a flashing icon, which usually indicates a paper jam or misfeed or the need for a new toner cartridge.

2. If you cannot resolve the copier's distress signal by yourself, notify your office manager or machine serviceperson immediately.

3. Never leave the copy machine empty of paper.
4. If you used colour paper or letterhead or any type of paper besides white, remove it before leaving the machine so that others don't use it by mistake.

5. If you become frustrated with the copy machine, do not kick it, punch it or become violent toward it in any way.

6. Do not eat or drink around the photocopier.

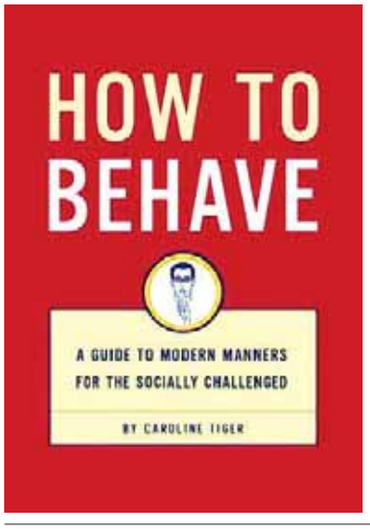
7. Do not smudge the platen glass with your oily fingertips.

8. No matter how funny it looked in the movie, do not attempt to photocopy your own or another's body parts.

9. Remove staples, sticky notes and paper clips from whatever you're going to copy.

10. Little jobs trump big jobs. If you're making five copies of a 250-page report, you should interrupt the job to let in the person who needs to make a one-page copy.

METRO



Negotiate like a pro

Need a few tips before you ask the big boss for a pay increase? Who better to guide you in getting the answer you're looking for than the FBI

ISTOCK

Repeating information back to your superiors will show them that you are engaged and open, possibly allowing for a more in-depth conversation about your salary.

Whether you're in the process of accepting a new job or attempting to negotiate a raise at your current gig, asking for more money than what's on the table is inherently awkward. Plus, you're likely up against HR employees who have these talks all day, every day.

In his new book, Salary Tutor, Jim Hopkinson compiles advice from a number of pros — most notably, the FBI. What works for law enforcement interrogators could work for you: paraphrasing and repeating phrases, asking open-ended questions, identifying emotional triggers in the opposing party and initiating pauses in conversation to coerce new information.

Then again, it could also turn into a weird CSI: Miami outtake. We checked in with Hopkinson about making it work in the real world.

Why do so many people dread salary negotiations?

Discussing salary is often a taboo subject with friends and colleagues, so people are underprepared because it's a skill that many people are never taught. Whereas an HR professional has the proper training and might negotiate salaries several times per week, you might only negotiate salary a few times in your career.

The FBI techniques sound great on paper, but actually inviting a silent period goes against most people's instincts. Do you have any advice on how to handle that pause?

It can definitely be awkward at first, so the key is to practice. I once spent eight straight hours preparing for this 30-second conversation. That might sound like a lot, but considering that your yearly salary is at stake, and that Americans spend about five hours a day watching TV and 53 billion minutes a month on Facebook, it is time well spent.

What about repeating information makes HR employees bend to your will?

The key, as with any important discussion, is to show that you are actively listening and fully engaged. You show that you understand what is being offered, which ensures both parties that they are on the same page so that the negotiation can continue.

Before you accept a number, what should you be considering?

The bottom line is that it's not always about the money. Does the job have a good work/life balance? How is the commute? Will you be working with a great boss and co-workers? Most importantly, are you doing something you love? You should always consider these factors when evaluating the overall offer.

METRO

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The Ontario Institute of the Purchasing Management Association of Canada (OIPMAC) is the largest supply chain management association in the country. OIPMAC awards a professional designation in supply chain management under the authorization of provincial legislation, and is responsible for standards-setting, accreditation and the continuing professional development of its members.

Certified Supply Chain Management Professionals (CSCMPs) strategically manage the flow of goods, services and knowledge to help organizations maintain a long-term competitive advantage. They apply integrated skills in strategic procurement, operations, logistics, transportation, supplier relations, global sourcing, international business and capital project procurement to deliver quality products and services to customers in a timely and cost-effective fashion. CSCMPs make contributions to the success of organizations in a broad range of sectors, including retail, manufacturing, services, natural resources, utilities, transportation, distribution, IT, telecommunications, health care, education, and the public sector.

For more information about OIPMAC and our leading-edge SCM programs, visit us at www.oipmac.ca

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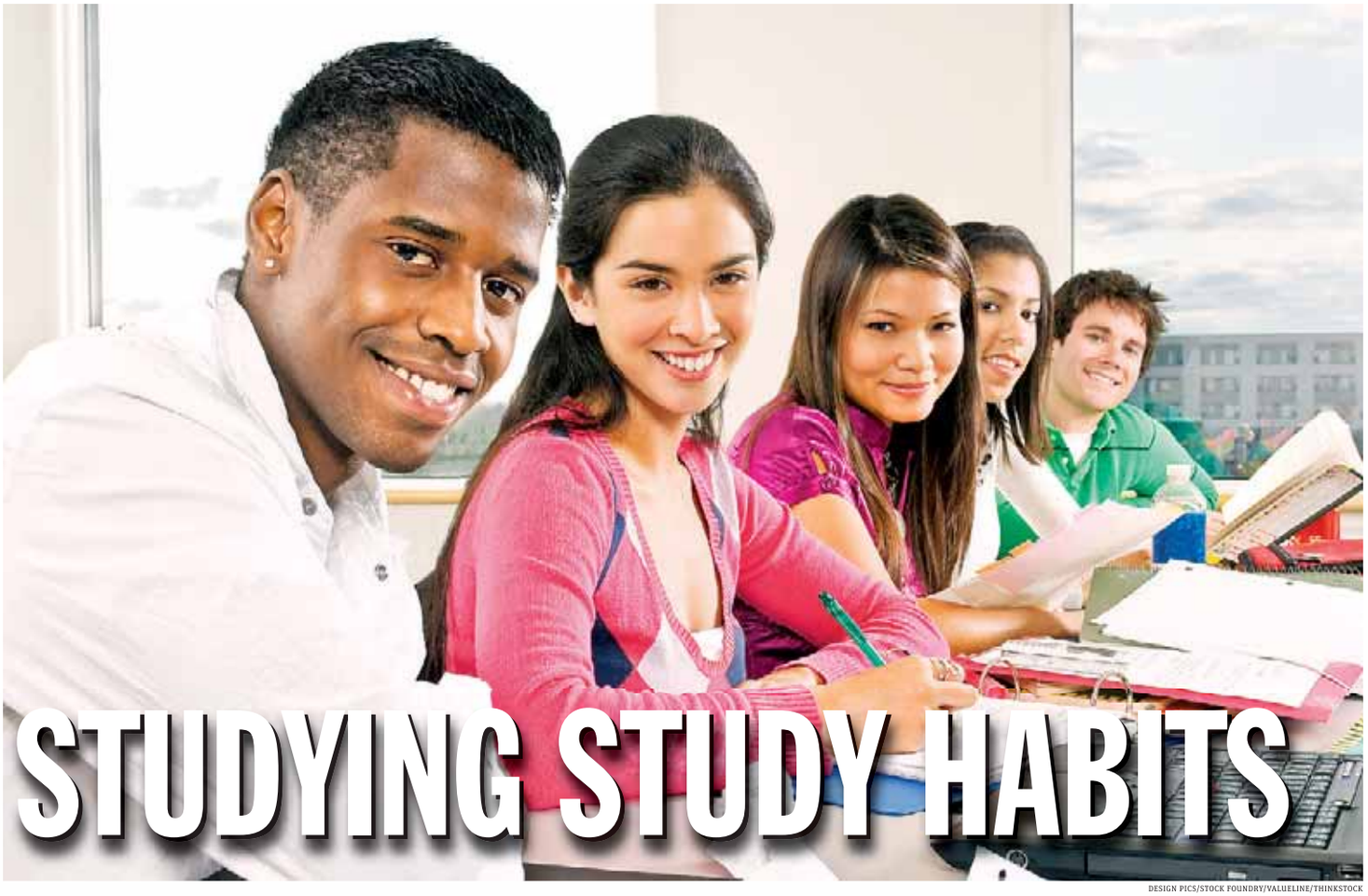

STUDYING STUDY HABITS

DESIGN PICS/STOCK FOUNDRY/VALUELINE/THINKSTOCK

IT TAKES TIME AND EFFORT TO PREPARE FOR YOUR POST-SECONDARY EXAMS

Many students get the midterm blues because they are overwhelmed by the looming midterm exams.

Jackie Stewart, a chemistry instructor at the University of British Columbia, says the first problem she encounters is students who "can't" learn a subject like chemistry. "They need to have the right attitude and think they can learn the material," she says.

If you struggled in a subject previously, you will find it difficult in the future — but you will find it harder if you approach with defeat in your eyes.

Next up is the cognitive aspect — how you think about the material. Stewart advises learning what the criteria are for the test or assignment.

Check out the class's learning objectives or sample exams and focus on that material. If that isn't available, just ask the instructor if you are studying the correct material.

"I see far too many students just reading over their notes or textbooks and thinking, 'I'm ready because I read all of this stuff,' and they weren't actually practising on the same kinds of tests that they're going to be given on the exam," she says.

Connect the new material to what you already know via "concept maps" that brainstorm how, say, electro felicity relates to nuclear felicity. Summarize the info and then write down everything you know related to the key concept.

The process takes you to understanding from remembering.

MANAGE TIME WISELY

Heather Graham, student academic adviser at Mount Saint Vincent University, says going to university from high school requires developing strong time management skills. "In high school, they're not on their own," she says, because teachers and parents play a bigger support role. At university, you're largely on your own. "We offer a lot of these (time management) sessions for students and they procrastinate and don't go," she says. Sign up today.

The last big step is knowing what you know. "All people are really bad at this," Stewart says.

Look at past tests and take it as evidence of what you don't know. Learning should be plowing into new territory, so you should feel challenged as you study.

Lana Hastings, vice-president of student services at the University of Winnipeg, says its Take Five program urges students to take breaks to avoid burning out.

For the material itself, Hastings advises seeking help. Student associations often offer free tutoring with senior students.

– Jon Tattrie

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CERTIFIED SCMP GRADS SEEN AS PRE-EMINENT AUTHORITIES

In today's competitive business environment, the logistics of synchronizing supply with demand is characterized by rapid change and unpredictability, as companies work to understand and respond to the needs of their customers. With supply chains that reach around the world, a Certified SCMP is a key contributor to the competitiveness and success of any enterprise.

The Certified Supply Chain Management Professional (CSCMP) designation is the most sought after achievement in supply chain management in Canada — setting the national standard for excellence in the profession.

Certified SCMPs are seen as the pre-eminent authority in supply chain management. When hiring for positions, employers are increasingly asking for the Certified SCMPs or enrolment in the Certified SCMP program.

According to the PMAC/Purchasing b2b salary survey, those with the designation earn 15 to 20 per cent more annually than their counterparts without the designation.

And by completing a rigorous program, Certified SCMPs attain supply chain management's most respected credential and differentiate themselves from others practising in the field.

David Fletcher, president and CEO of the Ontario Institute of the Purchasing Management Association of Canada, says OIPMAC awards its members the Certified Supply Chain Management Professional (CSCMP) designation under the authorization of provincial legislation, setting the highest standards for supply chain management education.

"Educating people in core supply chain competencies goes beyond an academic credential," says Fletcher.

"We ensure that our members are trained in both high-level decision-making and tactical know-how so they can align their organization's goals with the practicalities of managing complex supply chains."

IN-RESIDENCE WEEK ADVANCES KNOWLEDGE

Programs are taught by leading North American academics and professionals, and are designed to enhance the professional competence and strategic perspective of practitioners at all levels of career progression.

The In-Residence Week integrates and advances knowledge gained during the modules and interactive workshops, and hones management and leadership skills. It also provides preparation for the final exam, which tests the knowledge acquired throughout the program and practical experience in a cased-based examination.

Candidates are required to have at least three years of practical experience in supply chain management in order to obtain their Certified SCMP.

PHOTODISC/THINKSTOCK

Recently certified SCMP graduate Alex Riddell talks about the interaction in class. "I would encourage people to take every opportunity to interact with their peers in the modules and workshops. I found the discussions with my peer group extremely valuable in reinforcing some of the concepts we were learning in class, and giving me perspectives on issues that were very different from my own."

David Fletcher, president and CEO of the OIPMAC, explains: "As a consumer, you might see product and service shortages, but not understand the reasons why.

"As a supply chain expert, you're trained to identify and manage the sources of supply chain bottlenecks and slowdowns. Often, problems are caused by things like raw material shortages, uneven quality control in manufacturing, overseas delivery issues, and, in many cases, contract disputes. Holders of our Certified Supply Chain Management Professional designation are equipped with the knowledge and skills to solve these problems," says Fletcher.

ELEMENTS OF SCMP PROGRAM

EIGHT MODULES COVER THE CORE AREAS OF STRATEGIC SUPPLY CHAIN MANAGEMENT KNOWLEDGE. THEY INCLUDE:

- Supply Chain Management
- Procurement and Supply Management
- Logistics and Transportation
- Operations and Process Management
- Knowledge Management
- Global Sourcing
- Supply Chain Management for the Public Sector
- Supply Chain Management for Services, Capital Goods and Major Projects

SIX INTERACTIVE WORKSHOPS ADDRESS HIGH-LEVEL BUSINESS SKILLS. THEY INCLUDE:

- Leadership and Professionalism
- Negotiation Skills
- Communication and Relational Skills
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- International Business and Multicultural Skills
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In order to earn the Certified SCMP, students must successfully complete all of the elements of the Strategic Supply Chain Management Leadership Program.

FUN AND GAMES

SHERIDAN COLLEGE PHOTO

SHERIDAN COLLEGE ADDRESSES NEED FOR VIDEO TECHNOLOGY

Advances in faster and cheaper microprocessors, quantum leaps in video technology and the proliferation of mobile and hand-held devices has created a vast global marketplace for high-tech gaming. Canada is a major player in the digital games market, currently ranking third in the world, with Toronto now a growing leader in game development enterprises.

Sheridan College is launching two new postgraduate programs in January 2012 to address this market. Game Level Design, and Game Development — Advanced Programming will offer a unique multidisciplinary approach to game development study. The emphasis in both programs is on practical skills and problem-solving through extensive use of lab work, demonstrations, case studies and simulations.

Gaming is a fast-growing, evolving industry and employers are looking for savvy, creative grads who can take what they have learned and create memorable virtual experiences that truly engage players. The programs are ideally suited for students who already hold a diploma or degree in computer science or the arts.

Long recognized for excellence in animation, digital media and technology, Sheridan College serves more than 17,000 full-time students at campuses in Brampton, Mississauga and Oakville.

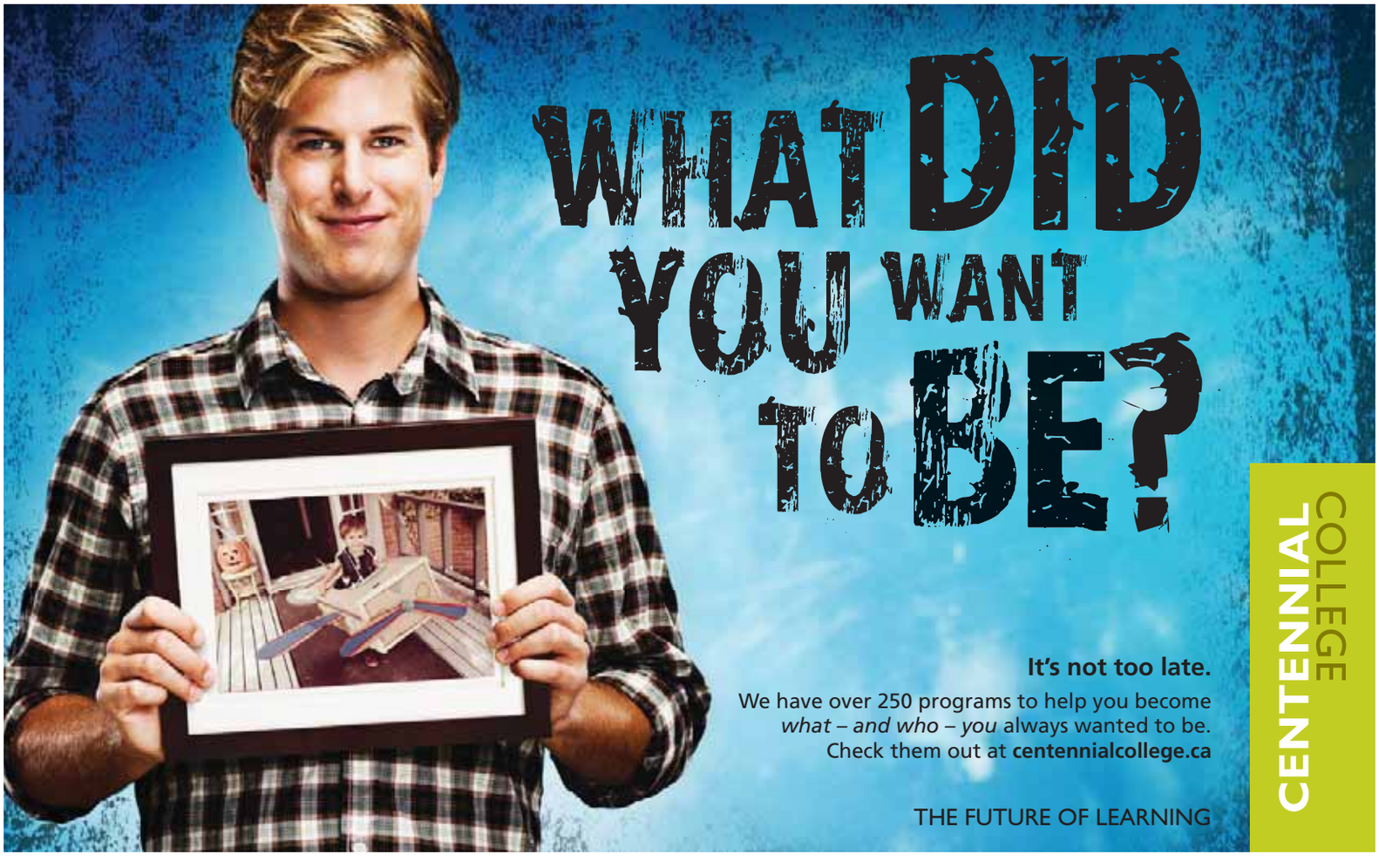
Visit gaming.sheridancollege.ca to learn more about the programs.

WHAT'S COVERED

Both programs cover 2-D and 3-D games and incorporate popular game editing interfaces and game engines.

Game Level Design students focus on creating challenging and stimulating gameplay experiences.

Students in Game Development — Advanced Programming learn to apply their programming skills to game play, animation, artificial intelligence, and multiplayer systems.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CENTENNIAL MARKS NEW ERA

ONTARIO'S FIRST COMMUNITY COLLEGE READY TO CELEBRATE 45TH ANNIVERSARY

The 1966 opening of Centennial College in east-end Toronto marked the dawn of a new era for post-secondary education in Ontario — an era of accessible, practical programs that prepared students for jobs in the province's booming economy.

Today, 24 community colleges operate across Ontario and Centennial has grown into one of Canada's largest, with four campuses and an annual enrolment of more than 14,000 full-time and 25,000 part-time students.

The school offers programs in everything from business and communications to science and engineering technology. Centennial is also one of the world's most ethnically diverse colleges, with more than 80 languages regularly spoken on campus.

To celebrate the school's 45th anniversary, the Centennial College Alumni Association will stage a party at the Progress Campus on Oct. 15 from 2-8 p.m. Afternoon highlights include free, family-friendly activities such as face painting, magic tricks and an interactive zoo display. At 6 p.m., one of Canada's top bands from the 1980s — The Spoons — will perform a special concert. Proceeds from the event will go to a new scholarship fund.

| The Spoons

CENTENNIAL COLLEGE PHOTO

One of the co-hosts of the event is Canadian media legend Michael Williams. During his decade at MuchMusic, Williams hosted and produced pioneering programs such as Soul in the City and Rap City. He has also worked as a disc jockey for radio stations in several cities, and as a writer, teacher and emcee. Williams delivers the occasion guest lecture at Centennial and is a proud supporter of the school.

"A good education is more important than ever," he says. "And Centennial is great because it's affordable and local, and offers many programs that lead directly to job opportunities."

Williams is also on the board of directors of Believe to Achieve, a registered charity that encourages at-risk youth in Toronto to stay in school.

NEW BUILDINGS AT PROGRESS

This fall, Centennial College's Progress Campus unveils $46 million worth of new facilities. The Alumni Courtyard and Athletic and Wellness Centre include a concert venue that accommodates 1,500 people, an indoor track and climbing wall, squash courts, cardio theatre and aerobics studios. There is also a new library building (certified LEED gold) that features 22 classrooms, lab space, a living bio-wall and a large lecture theatre.

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HEMERA/THINKSTOCK

DODGE THAT FALL FUNK

SERVICES AVAILABLE TO BEAT THE MIDTERM BLUES

After the rush of frosh week fades and the excitement of a new year on campus turns into the funk of fall, many students lose momentum. But there are ways to beat the midterm blues.

Lana Hastings, vice-president of student services at the University of Winnipeg, says first-year students are especially prone to midterm blues as the pressures of studies, school, volunteer work and even independent living sink in.

"It's not only hard to juggle everything, but it's very hard to keep up your own mental health, physical health and hygiene at the same time. Usually, one thing drops," she says.

A good first step back into the game is to check out the myriad services you are already paying for with your tuition.

"There is a lot of support on campus that can help them through this," Hastings says. "One obvious example is counselling and career services."

The University of Alberta has a radical approach to beating the midterm blues: Massive games of dodge ball. To tackle the slump in February, 2,012 students , staff and alumni faced off with 1,006 balls in the world's largest match.

Frank Robinson, the university's dean of students, said aside from getting into the Guinness World Records, the event also took minds off studies and another endless winter.

"It seems like this semester's never going to end, so we do something that is totally uplifting and fun," he says.

DON'T GET SAD

The Canadian Mental Health Association says the fall blues affect everyone, but the shortened days lead to seasonal affective disorder (SAD) in some. "SAD can be a debilitating condition, preventing sufferers from functioning normally," it says. People with mild symptoms should spend more time outdoors or sitting near sunny windows. In severe cases where it leads to thoughts about suicide, the affected should seek professional guidance. There are therapies and medications that can help.

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Founded in 1970 and operating as a comprehensive academic and research institution, Athabasca University is a public, board-governed, open and distance online university serving more than 38,000 students, including more than 7,700 full-time program students, throughout Alberta, across Canada and around the world.

AU offers more than 800 courses and programs leading to graduate and undergraduate degrees, certificates and diplomas in the humanities, the social sciences, the sciences, technology, business and the health disciplines.

AU's philosophy of open education is to remove geographical, financial, social and cultural barriers that traditionally limit access to post-secondary achievement.

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HUMBER HELPS NEWCOMERS NETWORK

HUMBER COLLEGE PHOTO

Like many recent immigrants to Canada, Razieh (Rose) Abri struggled to adapt to a new language, culture and labour market.

Despite her engineering credentials — a degree from one of Iran's top schools and 20 years of experience on civil and structural projects — Abri knew it would be difficult to work in her chosen field in Canada. To help make the a smooth transition, she enrolled in the Occupation-Specific Language Training (OSLT) Technology course program at Humber College. Through dialogues, role-playing and simulation exercises within the context of the specific sector, students learn to network and to interact effectively in the workplace to understand Canadian workplace culture, interact effectively with clients and colleagues, network and communicate with confidence.

"OSLT was the perfect bridge for me," Abri says. "I improved my English skills and learned about Canada's business culture. I also met people like me who emigrated a few years ago and are now working as engineers."

Thanks to the contacts she made through OSLT, Abri is well on her way to completing her engineering certification in Ontario. In April 2011, she landed a job as an engineer-in-training at J&B Engineering; in September, she passed her technical interview at Professional Engineersing Ontario. This December, she will write the professional practice and ethics exam, the final step towards certification.

"I've made a great new start to my career and my life," says Abri.

"I am continuing my studies and my daughter has already enrolled in college, too."

NO. 1 WITH STUDENTS

When you enrol at St. Lawrence College, you do so knowing that the pot of gold at the end of rainbow is a job you love. Ranked No. 1 in the province for graduate satisfaction and No. 2 for employer satisfaction, the college boasts an exemplary reputation.

"We're pretty proud of that," says Heather Gregg, a marketing analyst at SLC. "If our students and employers are saying, 'Hey, you did your job right' then I think that speaks pretty highly of our college."

Its A-list standing is nothing new. For the past seven years, SLC has ranked No. 1 or No. 2 among students and employers in the Key Performance Indicator survey compiled annually by the Ministry of Training, College and Universities.

With 6,600 students on campuses in Kingston, Brockville and Cornwall, St. Lawrence College offers more than 80 one- to four-year programs in such areas as applied arts, skilled trades and computer and engineering technology.

The school also offers innovative green programming with its wind turbine technician program and an environmental technician program. The college's more popular programs this year include those within the community service program, health sciences, justice studies, music theatre and its culinary program.

Established in 1967, the school has undergone tremendous growth in the last decade, doubling its student population. Located along the shores of the St. Lawrence River, SLC bills itself as offering a world-class education without the hassles of big-city living.

ST. LAWRENCE SETS YOU APART

Get an education that gets you the job you dream of, and the life you love. Get the knowledge and training that sets you apart. St. Lawrence College is No. 1 in the province for graduate satisfaction and ranked second for employer satisfaction. That means that 95 per cent of employers are satisfied with the quality of the educational preparation of SLC grads. Further, 88 per cent of SLC graduates found employment within six months of graduation. With more than 80 programs and three friendly campuses, St. Lawrence College is the place for you to learn the skills you need to prepare for tomorrow.

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A FORCE TO CHANGE

ISTOCKPHOTO/THINKSTOCK

U OF T HELPING INTERNATIONAL LAWYERS

Earlier this year, the first cohort of international lawyers graduated from a special program at the University of Toronto's Faculty of Law. The Internationally Trained Lawyers Program (ITLP) provides lawyers called to the bar in other countries with academic training for accreditation exams, along with career support, assistance with cultural transitions and exposure to legal practice in Ontario.

According to ITLP director Gina Alexandris, increasing the number of internationally trained lawyers qualified to practise in Ontario will improve the province's justice system. "Lawyers are the gateway to the justice system for most people," she says. "But while recent immigration has made Ontario increasingly cosmopolitan, the legal profession has not changed at the same rate. As a result, many people — particularly newcomers from other countries — feel isolated from the justice system."

ITLP is a force for change. Students complete more than 200 hours of classroom instruction, practical exercises and sessions in cultural fluency and career development.

The 10-month program also offers internship and mentorship opportunities within Ontario. Created with the financial support of the Government of Ontario, ITLP has enrolled nearly 100 students (from some 27 countries) in its first two years of operation.

TASTE MBA APPETIZER AT ROTMAN

HEMERA/THINKSTOCK

The Rotman MBA Essentials for Managers is a great way to get an introduction to the study areas at the heart of the Rotman Executive MBA Program.

This series of eight evening sessions is led by a selection of Rotman's world-class faculty members, who offer an academic perspective that is complemented by their experience as consultants, managers and expert advisers to some of the world's most successful corporations.

"Think of it as an appetizer to the Executive MBA. Not only does the program cover the essentials of the school's EMBA program, it is also taught by the same faculty," says Beatrix Dart, associate dean of executive degree programs. At the end of the program, participants come away with an enhanced awareness of essential management issues, which helps them become more effective leaders, managers and decision makers.

"I'd recommend this course to anyone looking to get a taste of the range of subjects covered in the MBA before laying out the big bucks for the full-degree program," says Leona Hobbs, recipient of the 2011 CWC/Rotman MBA Essentials for Managers scholarship.

The MBA Essentials starts Nov.1, and classes will run from 6-9 p.m. The graduation and celebration dinner will be held Nov. 28.

Highlights of the program include:

- The Legal Environment of Business with Prof. Richard Powers;
- Persuasion and Decision Making with Prof. John Oesch;
- Strategy and the Art of Accounting with Prof. Ramy Elitzur;
- Marketing Fundamentals with Simon Ashbourne;
- Increasing Returns and the Innovator's Dilemma with Prof. Ajay Agrawal.

Full program details are available at mbaessentials.ca.

ADD A NEW LANGUAGE

FRENCH EDUCATION OFFERS STUDENTS MORE SKILLS

CONTRIBUTED

French-language education (FLE) in Ontario is a complete network of public and Catholic schools, colleges and universities offering a broad spectrum of high-quality programs and services.

FLE strives to maintain a high level of bilingualism and long-term proficiency and consistently achieves high test scores with its students. The results speak for themselves: Provincewide tests, administered by the Education Quality and Accountability Office (EQAO), reveal the overwhelmingly positive results of French-language education.

Grade 6 students attending French-language schools considerably outperform the province's other students in mathematics, writing and reading. The same is true regarding high school graduation rates among Ontario students attending French high schools.

FLE spokesman François Benoît says, "Students attending French-language schools have outstanding results on provincial testing. They also graduate high school with strong bilingual skills and, thereby, have excellent chances of pursuing the post-secondary or training program of their choice. We accompany them in becoming better citizens of the world."

In addition to ensuring the academic, personal and professional success of its students, FLE is dedicated to conveying and promoting the French language and the culture of the francophone community in Ontario.

To learn more about French-language education in Ontario and its member schools, colleges and universities, visit fleontario.ca.

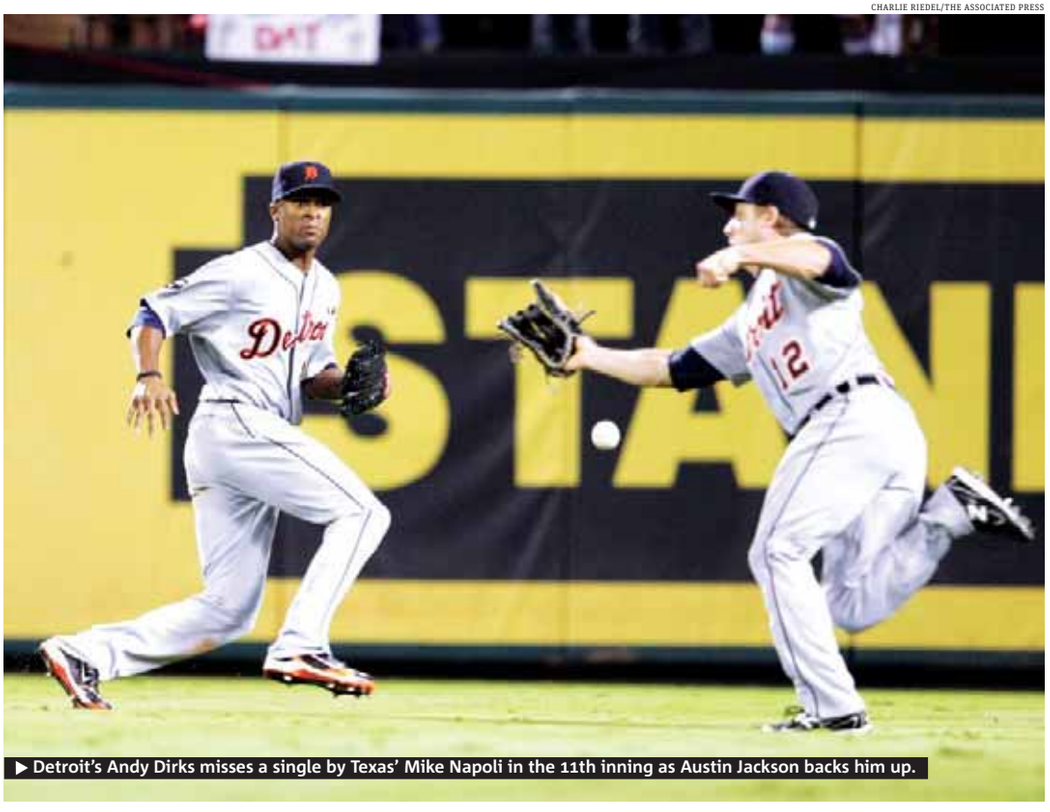
4 sports

Tigers drop another one

Rangers win with 11th-inning grand slam to take 2-0 lead in AL championship series

7	3
RANGERS	TIGERS

CHARLIE RIEDEL/THE ASSOCIATED PRESS



▶ Detroit's Andy Dirks misses a single by Texas' Mike Napoli in the 11th inning as Austin Jackson backs him up.

Nelson Cruz hit the first game-ending grand slam in post-season history, lifting the Texas Rangers over the Detroit Tigers 7-3 in 11 innings last night for a 2-0 lead in the AL championship series.

Cruz also hit a tying home run in the seventh inning. His second homer of the game was a high drive to left field off Ryan Perry with nobody out in the 11th, and came after a misplay in the Detroit outfield loaded the bases.

Cruz connected for the fourth grand slam in the playoffs this year. Ryan Roberts and Paul Goldschmidt of Arizona and Robinson Cano of the Yankees also hit them.

STATS LLC confirmed that Cruz's shot was the first slam to end a post-season game — with a postscript. Robin Ventura sent a tiebreaking drive over the fence to finish a New York Mets victory against Atlanta in the 1999 NLCS, but was swarmed by teammates between first and second.

Ventura never made it around the bases and was officially credited with a single. His 15th-inning drive for a 4-3 Mets win in Game 5 came to be known as "the grand slam-single."

The Tigers and Rangers both blew bases-loaded chances in the ninth. Texas shortstop Elvis Andrus made a juggling, over-the-shoulder catch in shallow centre field on a flare by Victor Martinez, cradling the ball against his chest to end the inning. Andrus and Texas part-owner Nolan Ryan each flashed a sheepish smile.

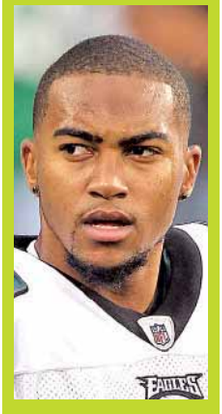
In the Texas ninth, Detroit first baseman Miguel Cabrera started and ended a nifty double play on Mitch Moreland's sharp grounder. David Murphy hit a flyball to shallow left for the first out, keeping the bases loaded.

Texas relievers combined for 8⅓ scoreless innings, starting the string shortly after Ryan Raburn's three-run homer off starter Derek Holland put the Tigers ahead 3-2 in the third.

Game 3 is tonight in Detroit.

THE ASSOCIATED PRESS

Quoted



"At 1-4 right now, this isn't a great feeling, especially for a team like us and we've just got to figure it out."

PHILADELPHIA EAGLES RECEIVER DESEAN JACKSON. THE EAGLES ARE 1-4 FOLLOWING A 31-24 LOSS AT BUFFALO ON SUNDAY AND THEIR SUPER BOWL EXPECTATIONS HAVE BEEN REDUCED TO A MERE FANTASY.

Scan code for more sports news.

NBA boss axes first two weeks of season

NBA commissioner David Stern cancelled the first two weeks of the season yesterday after owners and players were unable to reach a new labour deal and end the lockout.

Top negotiators for both sides met for more than seven hours yesterday, returning to bargaining about 14 hours after ending talks Sunday night.

Stern said both sides are "very far apart on virtually all issues. ... We just have a gulf that separates us."

$350M

A union estimate of how much players would lose during each month of a lockout.

The cancellation includes all games scheduled to be played through Nov. 14.

"Despite extensive efforts, we have not been able to reach a new agreement with the players' union that allows all 30 teams to be able to compete for a championship while fairly compensating our players," NBA deputy commissioner Adam Silver said.

Owners locked out the players July 1 when they couldn't reach a deal before the expiration of the old collective bargaining agreement. Opening night was scheduled for Nov. 1.

THE ASSOCIATED PRESS

TEBOW OR NOT TEBOW?

Broncos to reveal starting QB today

John Fox is going to wait a day to announce his starting quarterback.

The Denver Broncos coach gave his players the day off yesterday and didn't want to let everyone else know before Tim Tebow or Kyle Orton finds out.

Tebow replaced Orton and energized the Broncos and their fans before coming up short in a 29-24 loss to San Diego on Sunday.

Despite his flawed footwork and trouble handling the snaps from centre J.D. Walton, Tebow threw for a touchdown and ran for another in nearly erasing a 16-point fourth-quarter deficit.

Fox insisted he didn't even know himself who his quarterback will be. He said he would meet with his staff and review the film yesterday, then reveal his decision when his players reconvene today.

THE ASSOCIATED PRESS

Calvillo sets standard for all of football

TOM BOLAND/THE CANADIAN PRESS

▶ Alouettes quarterback Anthony Calvillo holds a commemorative trophy in Montreal yesterday after becoming the all-time leading passer in pro football,

Als QB sets yardage record in win over Argos ◐ 'Please keep playing,' commissioner Cohon says to 39-year-old

29	19
ALOUETTES	ARGONAUTS

From a training camp tryout in a parking lot with a team called the Las Vegas Posse to becoming the all-time passing leader in the Canadian Football League, Montreal Alouettes quarterback Anthony Calvillo can only look at his career and think: "Wow."

The 18-year veteran made history in spectacular fashion yesterday when his 50-yard toss and run touchdown to Jemal Richardson clinched a 29-19 victory over the Toronto Argonauts.

Calvillo went into the game needing 258 yards to break Damon Allen's all-time record of 72,381 yards. He eclipsed it in the third quarter on a short toss to Richardson who broke a tackle for the touchdown.

"The play before, I happened to see the big screen where they showed it was 45 yards I needed," an emotional Calvillo said later. "When he broke the tackle I thought this might be it, so I was running down.

"I was excited because we were struggling offensively and needed to score, but then it kind of sank in that this was the pass that broke the record."

Play was stopped for 10 minutes for an onfield celebration that included Calvillo's family, Allen and CFL commissioner Mark Cohon.

Calvillo went 26 for 38 for 305 yards to bring his career total to 72,429.

There were taped tributes on the scoreboard from some of the sport's best quarterbacks, including Warren Moon, who threw for 70,553 yards in both the CFL and the NFL, Dan Marino who passed for 61,361 in the NFL and Allen.

"To see those guys recognize an accomplishment that was done up here was pretty special," said Calvillo.

And how was he to celebrate the record? By joining his teammates in serving meals to homeless people, as the club does each Thanksgiving Day.

Calvillo decides at the end of each season whether to continue but he is expected to play at least one more if his health holds up.

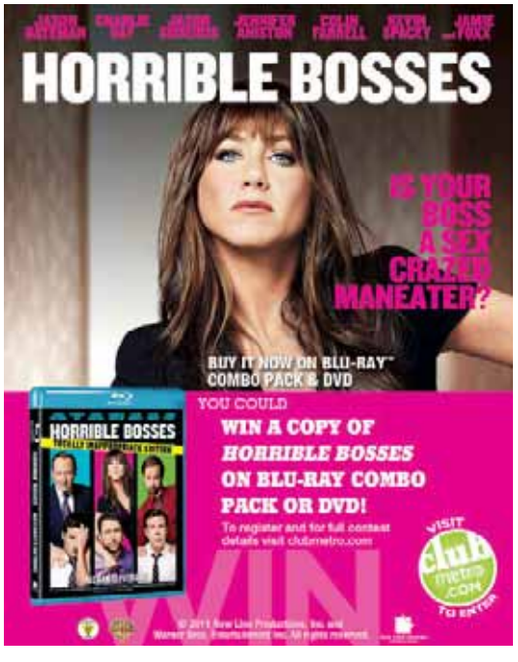
THE CANADIAN PRESS

Texans' Williams sidelined for season

The Houston Texans lost more than a game over the weekend — they lost defensive end Mario Williams for the season with a torn pectoral muscle.

Williams appeared to get hurt while sacking Oakland's Jason Campbell in the first quarter of Sunday's 25-20 loss. Coach Gary Kubiak said yesterday that Williams will undergo surgery. The No. 1 pick in 2006 had five sacks and a forced fumble this season.

THE ASSOCIATED PRESS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- Study starts on Sunday, October 16, 2011 – 2 sessions with no return visits.
- Compensation is up to $1000 for completing the entire study.

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	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	3	2	0	0	1	10	8	5	0-0-0-0	2-0-0-1	2-0-0-1	L1
d-Washington	2	2	0	0	0	10	8	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
d-Buffalo	2	2	0	0	0	8	3	4	1-0-0-0	1-0-0-0	2-0-0-0	W2
Toronto	2	2	0	0	0	8	5	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
Philadelphia	2	2	0	0	0	5	1	4	0-0-0-0	2-0-0-0	2-0-0-0	W2
Tampa Bay	3	1	1	0	1	11	11	3	0-0-0-0	1-1-0-1	1-1-0-1	L2
Florida	1	1	0	0	0	2	0	2	0-0-0-0	1-0-0-0	1-0-0-0	W1
Montreal	2	1	1	0	0	5	3	2	0-0-0-0	1-1-0-0	1-1-0-0	W1
New Jersey	2	1	1	0	0	4	5	2	1-1-0-0	0-0-0-0	1-1-0-0	W1
NY Islanders	2	1	1	0	0	2	3	2	1-1-0-0	0-0-0-0	1-1-0-0	W1
NY Rangers	2	0	0	1	1	3	4	2	0-0-0-0	0-0-1-1	0-0-1-1	L2
Boston	3	1	2	0	0	5	4	2	1-2-0-0	0-0-0-0	1-2-0-0	L1
Carolina	3	0	2	1	0	6	13	1	0-1-0-0	0-1-1-0	0-2-1-0	L3
Winnipeg	1	0	1	0	0	1	5	0	0-1-0-0	0-0-0-0	0-1-0-0	L1
Ottawa	2	0	2	0	0	8	11	0	0-0-0-0	0-2-0-0	0-2-0-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	2	2	0	0	0	8	3	4	1-0-0-0	1-0-0-0	2-0-0-0	W2
d-Dallas	3	2	1	0	0	6	7	4	2-0-0-0	0-1-0-0	2-1-0-0	W1
d-Vancouver	2	1	0	0	1	6	6	3	0-0-0-1	1-0-0-1	1-0-0-1	W1
Nashville	2	2	0	0	0	7	4	4	0-0-0-0	2-0-0-0	2-0-0-0	W2
San Jose	1	1	0	0	0	6	3	2	1-0-0-0	0-0-0-0	1-0-0-0	W1
Edmonton	1	1	0	0	0	2	1	2	1-0-0-0	1-0-0-0	1-0-0-0	W1
St. Louis	2	1	1	0	0	7	6	2	1-1-0-0	0-0-0-0	1-1-0-0	W1
Chicago	2	1	1	0	0	6	4	2	1-0-0-0	0-1-0-0	1-1-0-0	W1
Minnesota	2	1	1	0	0	5	4	2	1-0-0-0	0-1-0-0	1-1-0-0	L1
Los Angeles	2	1	1	0	0	5	6	2	1-1-0-0	0-0-0-0	1-1-0-0	L1
Anaheim	2	1	1	0	0	3	5	2	1-0-0-0	0-1-0-0	1-1-0-0	W1
Colorado	2	1	1	0	0	1	3	2	0-1-0-0	1-0-0-0	1-1-0-0	W1
Phoenix	2	0	1	0	1	4	8	1	0-0-0-0	0-1-0-1	0-1-0-1	L2
Calgary	2	0	2	0	0	5	10	0	0-1-0-0	0-1-0-0	0-2-0-0	L2
Columbus	3	0	3	0	0	6	10	0	0-2-0-0	0-1-0-0	0-3-0-0	L3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results
Vancouver 3 Columbus 2
St. Louis 5 Calgary 2
Colorado 1 Boston 0
Dallas 2 Phoenix 1 (SO)
New Jersey 4 Carolina 2
N.Y. Islanders 2 Minnesota 1
Washington 6 Tampa Bay 5 (SO)
Sunday's results
Edmonton 2 Pittsburgh 1 (SO)
Montreal 5 Winnipeg 1
Saturday's results
Toronto 6 Ottawa 5
Pittsburgh 5 Calgary 3
Boston 4 Tampa Bay 1
Chicago 5 Dallas 2
Detroit 3 Colorado 0
Florida 2 N.Y. Islanders 0
Minnesota 4 Columbus 2
Nashville 4 St. Louis 2
Philadelphia 3 New Jersey 0
San Jose 6 Phoenix 3
Washington 4 Carolina 3 (OT)
At Berlin
Buffalo 4 Los Angeles 2
At Stockholm
Anaheim 2 N.Y. Rangers 1 (SO)
Tonight's games
All Times Eastern
Florida at Pittsburgh, 7 p.m.
Minnesota at Ottawa, 7:30 p.m.
Tomorrow's games
Colorado at Columbus, 7 p.m.
Vancouver at Philadelphia, 7:30 p.m.
Boston at Carolina, 7:30 p.m.

BLUES 5, FLAMES 2

First Period
1. Calgary, Glencross 2 (Jokinen, Stempniak) 8:03
2. St. Louis, Steen 1 (Arnott, D'Agostini) 18:51
Penalties — Iginla Cal (high-sticking) 3:24, Iginla Cal (high-sticking) 19:20.
Second Period
3. St. Louis, Shattenkirk 1 (Langenbrunner, McDonald) 3:39
4. St. Louis, Pietrangelo 1 (Berglund, Oshie) 15:30
5. Calgary, Iginla 1 (Giordano, Tanguay) 16:55 (pp)
Penalties — Giordano Cal, Langenbrunner StL (roughing) 8:37, Shattenkirk StL (high-sticking) 10:44, Nikitin StL (tripping) 16:36.
Third Period
6. St. Louis, Stewart 1 (Pietrangelo) 3:44
7. St. Louis, Arnott 2 (McDonald) 14:22
Penalties — Reaves StL (interference) 2:33, Moss Cal (tripping) 3:23, Glencross Cal (slashing) 20:00.
Shots

Calgary	7	8	2	17
St. Louis	12	13	10	35

Goal — Calgary: Karlsson (L,0-1-0); St. Louis: Halak (W,1-1-0). **Power plays (goals-chances)** — Calgary: 1-3; St. Louis: 0-3.
Referees — Gord Dwyer, Stephen Walkom.
Linesmen — Jay Sharrers, Darren Gibbs.
Attendance — 19,150 (19,150) at St. Louis, Mo.

SCORING LEADERS

	G	A	P
Kessel, Tor	3	2	5
Legwand, Nash	2	3	5
Vanek, Buf	2	3	5
Kopitar, LA	3	1	4

Not including yesterday's games

MLB PLAYOFFS

LEAGUE CHAMPIONSHIP SERIES
(Best-of-7)
All Times Eastern

AMERICAN LEAGUE
TEXAS (W) VS. DETROIT (C)
(Texas leads series 2-0)
Yesterday's result
Texas 7 Detroit 3 (11 inn.)
Saturday's result
Texas 3 Detroit 2
Tonight's game
Texas (Lewis 14-10) at Detroit (Fister 11-13), 8:05 p.m.
Tomorrow's game
Texas (Harrison 14-9) at Detroit (Porcello 14-9), 4:19 p.m.
Thursday's game
x-Texas at Detroit (Verlander 24-5), 4:19 p.m.
Saturday, Oct. 15
x-Detroit (Scherzer) at Texas, 8:05 p.m.
Sunday, Oct. 16
x-Detroit (Fister) at Texas, 8:05 p.m.

NATIONAL LEAGUE
MILWAUKEE (C) VS. ST. LOUIS (WC)
(Milwaukee leads series 1-0)
Last night's result
St. Louis at Milwaukee
Sunday's result
Milwaukee 9 St. Louis 6
Tomorrow's game
Milwaukee (Gallardo 17-10) at St. Louis (Carpenter 11-9), 8:05 p.m.
Thursday's game
Milwaukee (Wolf 13-10) at St. Louis (Lohse 14-8), 8:05 p.m.
Friday's game
x-Milwaukee at St. Louis, 8:05 p.m.
Sunday, Oct. 16
x-St. Louis at Milwaukee, 4:05 or 8:05 p.m.
Monday, Oct. 17
x-St. Louis at Milwaukee, 8:05 p.m.
x — if necessary.

RANGERS 7, TIGERS 3 (11 INN.)

Detroit	ab	r	h	bi	Texas	ab	r	h	bi
AJcksn cf	4	0	0	0	Kinsler 2b	5	0	0	0
RSantg 2b	6	0	2	0	Andrus ss	3	1	1	0
DYong lf	4	0	0	0	JHmltn cf	5	1	2	1
Kelly rf-3b	2	0	2	0	MiYong dh	5	1	1	0
MiCarr 1b	5	1	1	0	ABeltre 3b	5	1	3	1
VMrtnz dh	4	1	0	0	Napoli c	4	1	1	0
Raburn rf-lf	3	1	1	3	N.Cruz rf	4	2	3	5
JhPerlt ss	4	0	1	0	DvMrp lf	4	0	0	0
Avila c	5	0	1	0	MorInd 1b	4	0	0	0
Inge 3b	1	0	0	0					
Dirks ph-rf	2	0	0	0					
Totals	**40**	**3**	**8**	**3**	**Totals**		**39**	**7**	**11**	**7**

Detroit	003	000	000	00—3
Texas	200	000	100	04—7

No outs when winning run scored.
E—Moreland (1). DP—Detroit 2. LOB—Detroit 13, Texas 6. 2B—Kelly (1), Mi.Cabrera (1), Jh.Peralta (1), J.Hamilton (1), A.Beltre 2 (2), N.Cruz (1). HR—Raburn (1), N.Cruz 2 (3). S—Jh.Peralta, Inge.

Detroit	IP	H	R	ER	BB	SO
Scherzer	6	6	3	3	1	6
Coke	2-3	0	0	0	0	1
Benoit	1 1-3	0	0	0	1	0
Valverde	2	1	0	0	1	0
Perry L,0-1	0	4	4	4	0	0
Texas						
D.Holland	2 2-3	4	3	3	4	0
Feldman	4 1-3	1	0	0	0	4
Ogando	1 2-3	1	0	0	0	2
M.Gonzalez	0	1	0	0	0	0
Feliz	1 1-3	0	0	0	2	0
M.Adams W,1-0	1	1	0	0	0	2

T—4:25. A—51,227 (49,170) at Arlington, Texas.

NFL

WEEK FIVE

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Buffalo	4	1	0	.800	164	120
New England	4	1	0	.800	165	119
N.Y. Jets	2	3	0	.400	121	125
Miami	0	4	0	.000	69	104

SOUTH

	W	L	T	Pct	PF	PA
Houston	3	2	0	.600	127	95
Tennessee	3	2	0	.600	105	94
Jacksonville	1	4	0	.200	59	115
Indianapolis	0	5	0	.000	87	136

NORTH

	W	L	T	Pct	PF	PA
Baltimore	3	1	0	.750	119	57
Cincinnati	3	2	0	.600	110	94
Pittsburgh	3	2	0	.600	102	89
Cleveland	2	2	0	.500	74	93

WEST

	W	L	T	Pct	PF	PA
San Diego	4	1	0	.800	120	109
Oakland	3	2	0	.600	136	133
Kansas City	2	3	0	.400	77	150
Denver	1	4	0	.200	105	140

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Washington	3	1	0	.750	83	63
N.Y. Giants	3	2	0	.600	127	123
Dallas	2	2	0	.500	99	101
Philadelphia	1	4	0	.200	125	132

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	4	1	0	.800	157	125
Tampa Bay	3	2	0	.600	87	125
Atlanta	2	3	0	.400	104	130
Carolina	1	4	0	.200	116	132

NORTH

	W	L	T	Pct	PF	PA
Green Bay	5	0	0	1.000	173	111
Detroit	4	0	0	1.000	135	76
Chicago	2	2	0	.500	94	98
Minnesota	1	4	0	.200	111	106

WEST

	W	L	T	Pct	PF	PA
San Francisco	4	1	0	.800	142	78
Seattle	2	3	0	.400	94	122
Arizona	1	4	0	.200	96	121
St. Louis	0	4	0	.000	46	113

Byes: Baltimore, Cleveland, Dallas, Miami, St. Louis, Washington.
Last night's result
Chicago at Detroit
Sunday's results
Buffalo 31 Philadelphia 24
Cincinnati 30 Jacksonville 20
Green Bay 25 Atlanta 14
Kansas City 28 Indianapolis 24
Minnesota 34 Arizona 10
New England 30 N.Y. Jets 21
New Orleans 30 Carolina 27
Oakland 25 Houston 20
Pittsburgh 38 Tennessee 17
San Diego 29 Denver 24
San Francisco 48 Tampa Bay 3
Seattle 36 N.Y. Giants 25

CFL

WEEK 15

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Winnipeg	14	9	5	0	350	326	18
x-Montreal	14	9	5	0	435	342	18
Hamilton	14	7	7	0	395	389	14
Toronto	14	3	11	0	282	400	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-B.C.	14	8	6	0	400	304	16
x-Calgary	14	8	6	0	395	381	16
x-Edmonton	14	8	6	0	329	318	16
Saskatchewan	14	4	10	0	276	402	8

x — clinched playoff berth.
Yesterday's results
Edmonton 17 Saskatchewan 1
Montreal 29 Toronto 19
Saturday's result
B.C. 33 Calgary 31
Friday's result
Winnipeg 33 Hamilton 17

ESKIMOS 17, ROUGHRIDERS 1

First Quarter
No Scoring.
Second Quarter
Edm — FG Duval 32 0:12
Edm — Safety Milo concedes 3:48
Edm — TD Messam 51 run (Duval convert) 11:18
Third Quarter
Edm — FG Duval 19 5:34
Sask — Single Milo 50 11:43
Fourth Quarter
Edm — Single Duval 52 4:04
Edm — Single Duval 55 11:10

Saskatchewan	**0**	**0**	**1**	**0**	**—1**
Edmonton	**0**	**12**	**3**	**2**	**—17**

Attendance — 38,054 at Edmonton.

ALOUETTES 29, ARGONAUTS 19

First Quarter
Mtl — FG Whyte 28 4:25
Tor — FG Prefontaine 36 9:58
Tor — TD Owens 58 punt return (Prefontaine convert) 11:22
Second Quarter
Mtl — FG Whyte 33 6:13
Tor — FG Prefontaine 35 10:35
Mtl — TD McPherson 5 run (Whyte convert) 13:23
Tor — FG Prefontaine 48 15:00
Third Quarter
Mtl — Safety Jyles sacked in end zone 6:16
Mtl — TD Calvillo 19 run (Whyte convert) 10:37
Tor — FG Prefontaine 18 13:36
Mtl — TD Richardson 50 pass from Calvillo (Whyte convert) 15:00
Fourth Quarter
No Scoring.

Toronto	**10**	**6**	**3**	**0**	**—19**
Montreal	**3**	**10**	**16**	**0**	**—29**

Attendance — 23,960 at Montreal.

SCORING LEADERS

	TD	C	FG	S	Pts
McCallum, BC	0	38	37	5	154
Whyte, Mtl	0	41	33	10	150
Medlock, Ham	0	41	34	4	147
Palardy, Wpg	0	32	32	5	133
Paredes, Cal	0	36	25	5	116
Prefontaine, Tor	0	19	25	5	99
Duval, Edm	0	18	16	16	82
Richardson, Mtl	10	0	0	0	60
Schiavone, Edm	0	9	13	2	50
Cobourne, Ham	8	0	0	0	48
T.Edwards, Wpg	8	0	0	0	48

Not including yesterday's games

TENNIS

ATP SHANGHAI ROLEX MASTERS
At Shanghai, China
Singles — First Round
Guillermo Garcia-Lopez, Spain, def. Somdev Devvarman, India, 6-4, 6-3.
Albert Montanes, Spain, def. Mikhail Kukushkin, Kazakhstan, 6-2, 5-7, 7-6 (5).
David Nalbandian, Argentina, def. Ernests Gulbis, Latvia, 7-5, 6-4.
Bernard Tomic, Australia, def. Kevin Anderson, South Africa, 7-6 (5), 6-7 (4), 6-3.
Grigor Dimitrov, Bulgaria, def. Marsel Ilhan, Turkey, 2-6, 6-1, 6-4.
Matthew Ebden, Australia, def. Pablo Andujar, Spain, 6-4, 6-4.
Andy Roddick (10), U.S., def. Lu Yen-Hsun, Taiwan, 6-2, 3-6, 6-2.
Tommy Robredo, Spain, def. Stephane Bohli, Switzerland, 7-6 (3), 7-6 (4).
Donald Young, U.S., def. Gong Mao-Xin, China, 6-1, 6-4.
Fernando Verdasco (16), Spain, def. Li Zhe, China, 6-2, 6-2.
Juan Carlos Ferrero, Spain, def. Mikhail Youzhny, Russia, 7-6 (4), 6-4.
Santiago Giraldo, Colombia, def. Ivan Dodig, Croatia, 1-6, 6-3, 6-4.
Doubles — First Round
Marcel Granollers, Spain, and Viktor Troicki, Serbia, def. Mark Knowles, Bahamas, and Lukasz Kubot, Poland, 2-6, 7-6 (5), 10-7 tiebreak.
Oliver Marach, Austria, and Janko Tipsarevic, Serbia, def. Alex Bogomolov Jr. and Rajeev Ram, U.S., 6-2, 4-6, 11-9 tiebreak.
Simone Bolelli and Fabio Fognini, Italy, def. Wu Di and Zhang Ze, China, 6-4, 6-4.

WTA HP JAPAN OPEN
At Osaka, Japan
Singles — First Round
Tamarine Tanasugarn, Thailand, def. Christina McHale (8), U.S., 6-3, 7-5.
Misaki Doi, Japan, def. CoCo Vandeweghe, U.S., 6-4, 6-4.
Eleni Daniilidou, Greece, def. Anastasia Pivovarova, Russia, 6-2, 6-2.
Mathilde Johansson, France, def. Irina Falconi, U.S., 6-3, 6-2.
Chanelle Scheepers (7), South Africa, def. Alla Kudryavtseva, Russia, 6-2, 6-2.
Marion Bartoli (2), France, def. Melinda Czink, Hungary, 6-2, 6-2.
Doubles — First Round
Kimiko Date-Krumm, Japan, and Zhang Shuai (4), China, def. Shuko Aoyama and Kotomi Takahata, Japan, 6-4, 6-7 (2), 10-8 tiebreak.
Jarmila Gajdosova, Australia, and Angelique Kerber, Germany, def. Chan Yung-jan and Chan Hao-ching, Taiwan, 7-5, 5-7, 10-8 tiebreak.
Chan Chin-wei, Taiwan, and Han Xinyun, China, def. Chang Kai-chen, Taiwan, and Jill Craybas, U.S., 6-0, 6-1.

WTA GENERALI LADIES LINZ
At Linz, Austria
Doubles — First Round
Marina Erakovic, New Zealand, and Elena Vesnina (4), Russia, def. Tamira Paszek, Austria, and Lucie Safarova, Czech Republic, 6-4, 6-2.
Anabel Medina Garrigues, Spain, and Anastasia Pavlyuchenkova, Russia, def. Ekaterina Makarova, Russia, and Alicja Rosolska, Poland, 6-2, 4-6, 10-6 tiebreak.
Julia Goerges and Anna-Lena Groenefeld, Germany, def. Nina Bratchikova, Russia, and Darija Jurak, Croatia, 1-6, 7-6 (4), 11-9 tiebreak.
Liga Dekmeijere, Latvia, and Petra Martic, Croatia, def. Kateryna Bondarenko, Ukraine, and Klaudia Jans-Ignacik, Poland, 6-4, 6-2.
Iveta Benesova and Barbora Zahlavova Strycova (3), Czech Republic, def. Patricia Mayr-Achleitner and Yvonne Meusburger, Austria, 6-3, 6-2.
Alberta Brianti and Sara Errani, Italy, def. Natalia Grandin, South Africa, and Vladimira Uhlirova (2), Czech Republic, 7-6 (8), 6-7 (4), 10-4 tiebreak.

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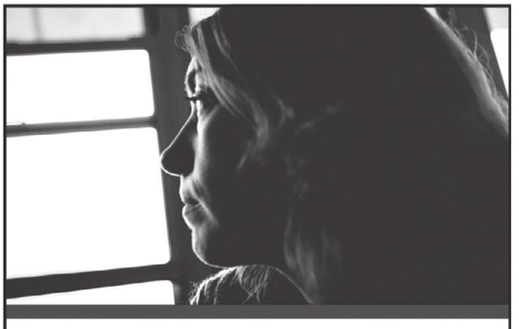

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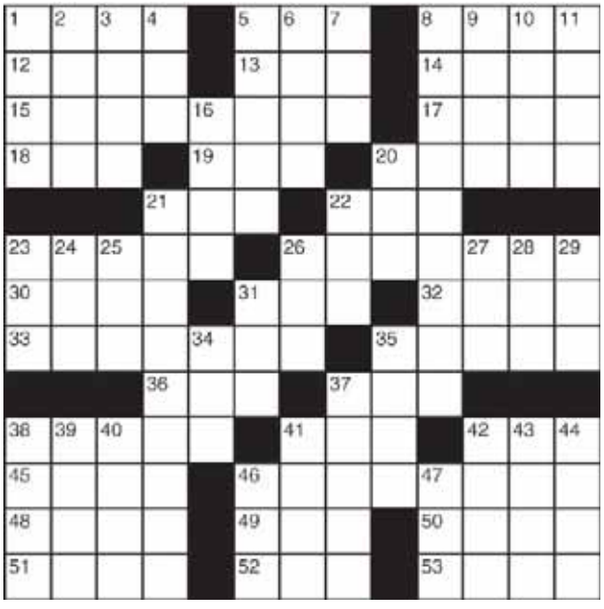
Crossword



Across

1 Sculpting medium
5 1/6 fl. oz.
8 "— on first?"
12 Tittle
13 — carte
14 Apiary structure
15 Jungle-like
17 Persia, now
18 Shrill bark
19 Cage component
20 Refine ore
21 Cauldron
22 Two, in Tijuana
23 Chef's garb
26 Broadway presentation
30 Authentic
31 14-Across dweller
32 "The Da Vinci —"
33 Like sorcery
35 "Humpty Dumpty — a wall"
36 Yank
37 Aviv lead-in
38 Denude
41 Dopey companion?
42 "I — Camera"
45 Ice cream shop abbr.
46 Upright
48 Sills solo
49 Type measures
50 Bride's concealment
51 Think (over)
52 Sticky stuff
53 Whirling water

Down

1 Urban area
2 Actress Loughlin
3 On
4 Mouth, slangily
5 Implied
6 Thick chunk
7 Chum
8 Capricious
9 Employ
10 Elliptical
11 Faxed or emailed
16 Pressing need?
20 "Help!"
21 Governmental
22 Payable
23 Branch
24 Pod occupant
25 Tatter
26 Funnyman Brooks
27 Barracks bed
28 Commotion
29 Author Deighton
31 Satchel
34 Coffee holder
35 Denomination
37 Human trunk
38 Con game
39 Via, for short
40 Disturb
41 Showroom sample
42 Scored 100 on
43 Hotel staffer
44 Partner in crime
46 — out (relax)
47 "— Got a Secret"

▶ Friday's answer

J	A	M	B	S		S	A	W		T	N	T
A	B	O	R	T		I	F	I		W	O	E
M	A	N	I	A		L	A	N	T	A	N	A
		T	E	M	P	E	R		R	I	C	K
A	G	A		P	A	N		M	A	N	E	S
M	I	N	E		S	T	R	A	D			
P	L	A	N	E	T		A	V	E	S	T	A
			L	O	A	D	S		S	M	O	G
C	A	B	I	N		O	P	S		E	Y	E
A	V	E	S		S	T	Y	L	E	T		
S	A	N	T	A	N	A		I	M	A	G	E
K	I	N		L	A	G		D	I	N	A	R
S	L	Y		A	P	E		E	R	A	S	E

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 20 Some people believe that might makes right, but you know better.

♉ Taurus April 21-May 21 The important thing now is knowing when to work with other people and when to work against them.

♊ Gemini May 22-June 21 You could win big today, but you could just as easily lose everything. Think before you act.

♋ Cancer June 22-July 22 Employers and other important people can see you mean business. That's good.

♌ Leo July 23-Aug.23 You will be easily provoked today, especially if you think that someone is taking liberties at your expense.

♍ Virgo Aug. 24- Sept. 22 Stick to your principles, even if by doing so you lose out financially.

♎ Libra Sept. 23-Oct. 23 Some individuals will be difficult to get along with today but you can make things easier for yourself by refusing to get involved in fights or feuds that serve no purpose.

♏ Scorpio Oct. 24-Nov. 22 Something will happen today that takes other people by surprise, but you saw it coming.

♐ Sagittarius Nov. 23-Dec. 21 No one expects you to be perfect, so don't expect it of yourself. You may have to hold up your hand and admit you made a mistake, but what of it?

♑ Capricorn Dec. 22-Jan. 20 You will have to deal with other people's bullying tactics today.

♒ Aquarius Jan. 21-Feb. 18 Do not allow minor events to upset you emotionally. Surround yourself with happy people.

♓ Pisces Feb. 19-March 20. If you splash out on a whim now you are sure to regret it when the bills come due at the end of the month.

SALLY BROMPTON

Sudoku

2			9	4				1
	4					3	2	
	9			2	7			8
					1			7
		7				6		
8			5					
3			6	1			8	
	1	2					5	
5				3	4			6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

5	1	4	8	7	3	9	6	2
8	3	7	2	9	6	1	5	4
9	6	2	4	1	5	7	3	8
6	8	5	9	2	1	4	7	3
2	7	9	3	5	4	8	1	6
1	4	3	6	8	7	2	9	5
4	5	1	7	3	2	6	8	9
7	9	6	5	4	8	3	2	1
3	2	8	1	6	9	5	4	7

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

girl
Thank you for such a beautiful weekend. You know, when you asked me what I was most thankful for, I made a stupid joke.. but the truth is, what I'm most thankful for more than anything, is our love. It will flourish for as long as the second hand ticks. You are mine for all of time.
FROM YOUR GUY

Matt
I still think about you all the time. I hope I get to see you on Monday if not have a good Thanksgiving.
FROM R

O hi
Happy dolphins n rainforests said hi to you:):) LOL..look after yourself pl. Thanks for being so wonderful
FROM CHEERS

Today
23°/14°
Partly cloudy
Wednesday
19°/12°
Showers
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CHRIS CARLSON/THE ASSOCIATED PRESS

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